

# A New Day

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The Magazine for Activity Professionals



SPRING

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# A New Day

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## PUBLISHERS

Gary Grimm & Phoebe Wear

### EDITOR

Becky Daniel

### PRODUCTION DIRECTOR

Gary Grimm

### ART DIRECTOR

Vanessa Filkins

### CIRCULATION MANAGER

Phoebe Wear

### CONTRIBUTING ARTIST

Pete Dever

### CONTRIBUTING PERSONNEL

John Artman

Susette Goetz

Virginia Allison

Fran Artman

Ann Thomas

### CONTRIBUTING AUTHORS

Edith E. Cutting

Susan Julio

Dee Leone

Linda Karges-Bone

Sue Stegenga

Ann Thomas

Joan E. White

### Gary Grimm & Associates

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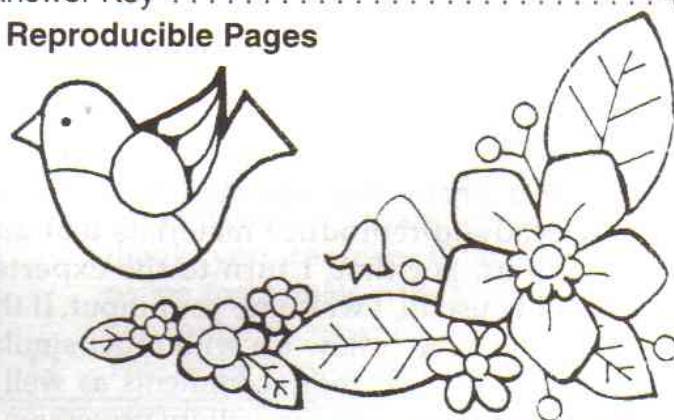
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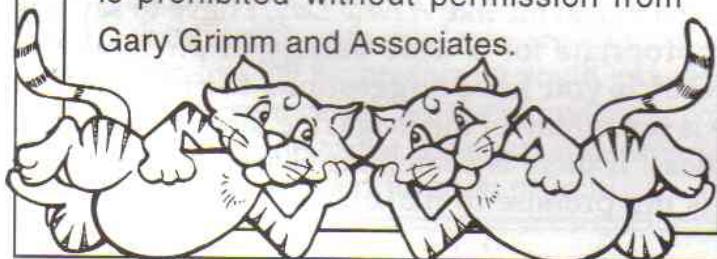
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# From the Editor's Desk



## A Magazine Is Born

by Becky Daniel, Orcutt, CA

*A New Day*, like most magazines, is prepared months in advance. Yesterday my daughter, Sarah, and I returned from the Northern California Council of Activity Coordinators in Redding, California. It was terrific seeing the faces of people who are "pioneering new frontiers" in nursing home care. I took the premier issue of *A New Day* and spoke to hundreds of activity professionals. Our magazine was received with open arms and warmly embraced by all. Here are some comments:

*Great resource! Very well done. Clear and leads to creative thought process for staff. Will soon become one of the must-have resources for activity departments.*

B.J. Grosvenor, Activity Director  
Stanford University Hospital, Stanford, CA

*Relatively inexpensive when you consider the brain power it takes to come up with this many ideas.*  
Sandy Perez, Ways and Means, vice-president  
Board Member of NCC Activity Directors

*This is an excellent resource! In California we have to spend at least one hour each day doing activities. A New Day has something for every day!*

Donita Reed  
New Dawn Senior Foster Home  
Jacksonville, OR

*This is a wonderful publication that provides ready-to-use materials. It's a must for all activity professionals. I love the magazine!*

Laurie Parker  
NCCAC Public Relations  
Walnut Creek, CA

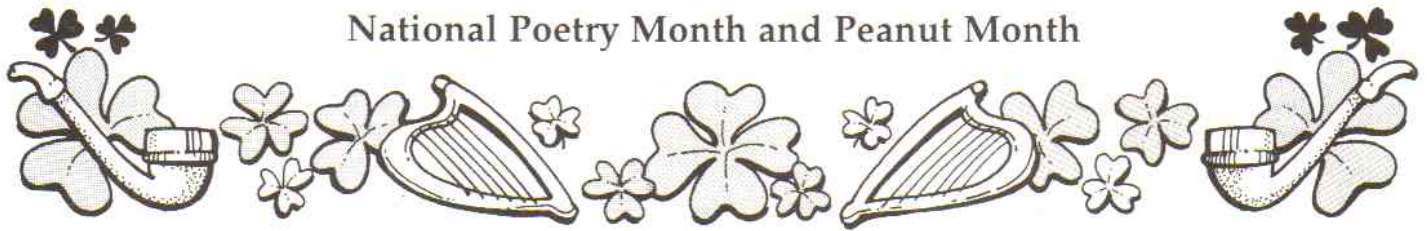
It is the middle of October as I finalize this second issue. The first issue is being printed and will be mailed next month. I am so excited that soon these ideas will be in your hands. Looking over this issue, I see a colossal collection of ideas—enough for even a large hospital or facility to have easy-to-use activities at their fingertips each and every day in March and April. If you run a small facility with just a few elders, there may be too much material for you to use all of it. Don't feel guilty or think you have to present every single idea. Think of *A New Day* as a smorgasbord of ideas from which to choose.

When asked what is the most difficult part of editing a magazine like *A New Day*, I have to say it is providing ready-to-reproduce materials that are appropriate for a wide variety of physical and mental abilities. For that, I turn to the experts—YOU! If you have suggestions for making our magazine more useful, I welcome your input. If there is something in the magazine that you like best, let me know so I can follow up with other similar ideas. If there is something that is impossible to implement, let me hear those comments as well. It is my promise to make *A New Day* a practical, hands-on resource for you, the activity professionals.



# Merry Moments in March

National Poetry Month and Peanut Month



- 1 Today is Peanut Butter Lover's Day. Serve peanut butter cookies or peanut butter and crackers as a snack! Play "Peanut Trivia." See suggestions on page 8.
- 2-4 Anniversary of the Battle of the Bismarck Sea in 1943. Hold a discussion for those who remember the day. Where were they living? What were they doing when they heard?
- 3 Today is the anniversary of the birthday of Alexander Graham Bell born in 1847. It's also National "I Want You to Be Happy" day. To celebrate both, encourage residents to telephone someone to say, "Be happy!" Make "Be Happy" Buttons with patterns on page 15.
- 4 It's Saturday. What are your plans for this Saturday evening? Since this is National Peanut Month, try playing "Peanut Poker." See the ideas on page 19.
- 5 It's that time of year again—time to plant. Make sure that those who are interested get the opportunity to plant something today. Plant seeds in paper cups and set in sunny windows, or plant bedding plants outside in planters where residents can enjoy the blossoms all summer. Is there room for a few tomato plants or a miniature vegetable garden for interested gardeners? Share the Reminisce article on page 30 with residents. See the craft ideas for decorating ceramic pots on page 15.
- 5-11 The second week in March is National Girl Scouts' Week. Invite a troop to read poems or share stories with residents. See suggestions on pages 7-9 for organizing youth groups to help in your center. See the reproducible contract for monitoring the mentoring program and an award certificate on page 10.
- 6 Today is the anniversary of the birth of both Michelangelo and Elizabeth Barrett Browning. Encourage residents to be Michelangelos. Provide paints, brushes, and large sheets of paper. Save all the paintings for an art show. See suggestions on page 31. To celebrate Elizabeth Barrett Browning, provide a book of her poetry so interested residents can share readings with one another. See poetry reading ideas on page 11.
- 7 This is National Volunteers of America Week. Give awards and applaud your volunteers at a special luncheon today. See reproducible award certificate on page 18.
- 8 This is Universal Women's Week. Take time to honor all women today.
- 9 Each year the Wellness Permission League sets aside March 9th to be Panic Day. It is a time to express and release anxiety by sharing fears with others. Share the article, "Bring Mirth to the Earth" found on page 6 with residents. It helps to express feelings both positive as well as negative. Encourage everyone to express his/her feelings.
- 10 First paper money (\$5, \$10, and \$20 bills) was issued on this day in 1863. Reminisce and have residents share memories about the first money they received working as youths.
- 11 Today is the anniversary of the death of Johnny Appleseed. Trivia question for today: What was Johnny Appleseed's real name? Make sure everyone enjoys the sweet taste of an apple today and say thank you to John Chapman. See the recipe for Apples with Johnny Appleseed Dip found on page 13.
- 12 This is the anniversary of Franklin Delano



- Roosevelt's first "fireside chat." On March 12, 1933, he spoke from the White House reporting informally on economic problems of the nation and sharing his plans to deal with those problems. Listen to a radio talk show tonight. If possible, light a fireplace and reminisce about the days of radio. Serve peanuts.
- 13 Today is Good Samaritan Day. Watch for and reward good deeds with the award found on page 18. Verbally acknowledge all unselfish acts performed by residents.
  - 14 Annually this is a day set aside to honor moth collectors and specialists. Museums and libraries often celebrate with displays of moth collections. Is there a moth collection available for your residents to view?
  - 15 Happy Birthday, Andrew Jackson. Wear an appropriate Mystery Birthday Badge. See suggestion on page 45.
  - 16 Today is the birthday of James Madison. Wear an appropriate Mystery Birthday Badge found on page 45.
  - 17 St. Patrick's Day is today, and Irish Heritage Week is the second week in March. Make sure everyone has a bit of green to wear today. See the St. Patrick's Day Buttons on page 17. Applaud the Irish at lunch. Do some romantic readings of old or original Irish limericks. See suggestions for this project on page 12.
  - 18 Today is the anniversary of the first electric razor marketed by Schick, Inc., in 1931. Who remembers the first electric razors? How do beards and mustaches of today compare to those of yesteryears?
  - 19 The final episode of *The Mary Tyler Moore Show* was shown on this day in 1977. Show videos of this well-loved sitcom that ran for seven years.
  - 20 Some states observe today as Earth Day. How can the residents celebrate our planet? If weather permits, make sure everyone who wants to be outside has that opportunity. Paint pictures or write poetry about the earth. Plant more flower seeds or small vegetable plants. Take a walk to look at a neighborhood garden or flower bed.
  - 21 The last full week in March is Art Week. Begin plans for a resident art show. See the suggestions on page 31. Encourage everyone to paint, paint, paint!
  - 22 National Goof-Off Day! Have residents share their favorite ways to "goof-off."
  - 23 Today is Barney Clark Day. After living almost 112 days with an artificial heart, Barney Clark died on this day in 1983. He was the first person ever to receive a permanent artificial heart. Dedicate a moment of silence to this heroic man.
  - 24 Today read the suggestions on page 9 for having a Spring Fling Day! Local youths could be responsible for planning and presenting a day's delight for residents.
  - 25 Happy Birthday to Gutzon Borglum, the sculptor who created Mount Rushmore National Memorial. Wear appropriate Mystery Birthday Badge on page 45.
  - 26 Today is "Make Up Your Own Holiday" day. Encourage residents to dream up a crazy holiday. Share these ideas in a large group or post some of them on the bulletin board where residents can read them. Examples: John Mier thinks today should be a day for hugging men named John. Naomi Ruth thinks this is a good day to eat warm apple pie.
  - 27 Sing "Happy Birthday" to Patty Smith Hill, author of the words to the song "Happy Birthday to You." Her sister, Mildred J. Hill, wrote the melody. See Mystery Badge on page 45.
  - 28 About this time each spring, in Pensacola Beach, FL, people combine artistic skills and creativity to make kites. Have a number of packaged kites on hand. Let those who are interested construct the kites in the morning. After lunch, while everyone watches, have someone launch the kites. Serve cookies and milk.
  - 29 Today is John Tyler's birthday. See Mystery Birthday Badge idea on page 45.
  - 30 Today is Vincent van Gogh's birthday. Celebrate by having residents do paintings. Why not set up an ongoing painting center with easels, paints, and plenty of paper. See step-by-step directions for creating an art gallery on page 31.
  - 31 Happy Birthday to René Descartes. See Mystery Birthday Badge on page 45.



# March Clip Art





# Bring Mirth to the Earth On Becoming a Joygerm

by Joan E. White, Syracuse, NY



On days that dawn and find you seething with surliness, bursting in burliness, and choking on churlishness; when you're filled with a void and are easily annoyed by interruptions and disruptions such as traffic jams, telegrams, and ramifications resulting from poor planning and procrastination; when the word "swell" gets stuck in your throat and just won't well up in your heart; when you're repeatedly confronted by rude remarks, snapping dogs' barks and folks that park in your own private space—on days such as these please take the time to summon grace and lace your life with laughter. Hang from the rafter and declare to anyone, here or there, "Hey, it's okay (as you wiggle and squirm); I'm a J-O-Y germ!" It takes some really positive doing, this pursuing the bright side, the light side, the right side. It means unlocking the door of self and jumping down from the shelf where the surety of security keeps you enraged, caged, and engaged in negativity. To be sure, it's nothing like pushing a button. It's hard work, determination, patience, pain, persistence, and a willingness to face reality and fight resistance. You have to cast aside pride and decide there are things about yourself you're not totally satisfied with.

You have to agree to say, "It's okay. Everyone is imperfect; everyone has weaknesses." You work at bringing them to light and the job to change begins. You own up to shortcomings, weaknesses, and limitations. In being realistic you bring to light your strong points, abilities, God-given gifts.

And then (ah, at last) you begin to break loose. You break out and become an absolute dream—a Joygerm supreme. To wit, you open up a bit; you offer a smile; you go the extra mile; you say, "hello" or "hi" to folks passing by; and you plug into hugs—especially when you yourself are feeling a big wilted, stilted, rigid, frigid. You offer a pat on the back and things like that. A word of encouragement. You pooh-pooh discouragement.

Easy? Breezy? Not on your life. There may be circumstances and externals that prevent you from acting openly, honestly. However, Joygerms work on the concept that they're mightier than circumstances and that solid, noticeable, balanced self-esteem occurs when you willingly risk and accept responsibility for your actions and attitudes. Once Joygerms learn to deal in truth, they establish goals, develop self-worth, personal motivation and begin to live and give. They shed that heavy load they're carrying. They explore, experience and explode. Their sense of adventure and humor heightens; their boldness and daring develop. They begin to relax, to build, create, originate, and take full advantage of the power of their potential. And they make mistakes. Plenty of them. For the rest of their lives.

Joygerms, then, are constantly changing and constantly rearranging their lives so that growth can be measured at most turns in the road. Joygerms remain objective, responsible laborers in the vineyard, who although wounded time and time again by hurts and heartaches; rejection and resentment; trials and tribulations; depression and disappointment, prefer instead to throw open the window of their soul to the warm and soothing rays of the sun.

They allow the healing power of "Joygermania" to flood their very being. "Another weed in the garden," they say when they stray. They pluck the weed; then they proceed on the path to becoming fully human, fully alive. Yes. Joygerms survive.

*\*Reprinted from Joygerm Joan's Good Newsletter, Joygerm Joan, Box 219, Eastwood Station, Syracuse, NY 13206*



# *Getting Together for the Good of All* *Using Youth Groups Effectively in Your Center*

by Dr. Linda Karges-Bone, Charleston, SC



Do you remember the old song from the 1960's that urged people to "get together and love one another right now"? Well, don't feel too dated, because that tune is familiar to a lot of us, and for good reason. It has a timeless and important message for those who work in the business of helping others. Getting young folks and older folks together can be a meaningful and vital experience for all concerned.

Why is it a good idea to "get together"? For the older participants, there is often a renewal of energy and interest as they absorb the warmth, activity, and excitement that committed young folks can bring. For younger participants, building a sense of community, learning responsibility, and practicing important social skills make the experience valuable.

## **Getting Started**

If you're sold on the idea, how can you get started? The first step is to identify the group or groups with which you would like to work, and then contact a key leader to discuss a partnership. Since National Girl Scouts' Week arrives in the second week of March, let's begin with Scouts. Both the Boy Scouts and Girl Scouts are committed to community service, and the youngsters earn badges for such work. Call your local Scouting Council or United Way office to establish a link with a troop in your area. Numbers for both organizations are in the telephone book, or you may call the national offices: Boy Scouts of America: 800-479-9088 or National Girl Scout Council: 800-223-0624.



## More Groups to Contact

Another likely source of youth partnerships is local church or synagogue groups. Youth groups usually have both service and recreational components, and a partnership with a nursing home would be welcome. Organizations such as the Baptist "Acteens" or Catholic Youth Organization are examples of two such groups that might welcome a partnership.

Finally, your local college or university can supply a lively community resource in the form of fraternities or sororities, or service clubs that are looking for meaningful community links. Call the campus switchboard, and ask to speak with the coordinator for student services who can help to match your nursing home with an appropriate and eager group of college students.

## How Do We Do It?

After making a good match, you can begin to plan for activities that will benefit both the older and younger participants. Basically, you need to make a critical decision right off the bat. Will you have a "mentoring pairs," that is, match a resident with a young person for the duration of a year? Or, will groups of 8-12 young people plan monthly events for a larger group of residents? This decision, or some variation of it, can help to assure the quality and durability of the partnership. Consider drawing up a simple contract, such as the one found on page 10, to help young people understand their commitment. Either way, the activities offered next can be adapted to both grouping plans.

## Celebrate Peanut Lover's Day

Celebrate National Peanut Butter Lover's Day on March 1st by playing "Peanut Trivia" and awarding prizes of jars of peanut butter, or scarves and hats with emblems of "Mr. Peanut" on them. Assign the young folks the task of preparing trivia questions for the game. This is a good research activity for students, because they should be hunting for a broad spectrum of information about peanuts: history, important people, nutritional data, etc. Another fun activity would include a peanut butter cookie bake-off between teams comprised of a mixture of students and residents. The award-winning recipes could be included in a newsletter or resident cookbook.



## Plant an Herb Garden or Flower Garden

Since April is also National Garden Month, involve your partners in helping to plant an herb garden or flower garden. Invite a local horticulturist in for a talk, and let the students serve rose hip tea and cookies.

## Organize a Book Drive

Ask your youth partners to organize a book drive and deliver the books to residents during National Library Week, the week of April 9-15. Stress the donation of large print books! Also, consider inviting a group of specific young folks to visit once a week to read aloud from a best-selling novel or popular classical work. Again, this is good experience for a student and pleasant for those residents who have poor eyesight.



## Simple Manicures

Purchase simple manicure kits and ask a local cosmetologist to give a training session to the young people on doing manicures. This is a pleasant event for residents, but make very sure that the manicuring tools are kept very clean in order to prevent any possible spread of disease. Do not encourage pedicures, because diabetic patients and those with foot problems could actually be harmed by an accidental cut or scrape.

## Notes of Encouragement

Pass out note cards to both residents and students, and suggest that they write notes of encouragement to one another during the month. Imagine the surprise of a youngster who receives a motivational word while studying for a big algebra test or a resident who receives a note congratulating her on completing another piece of needlework!

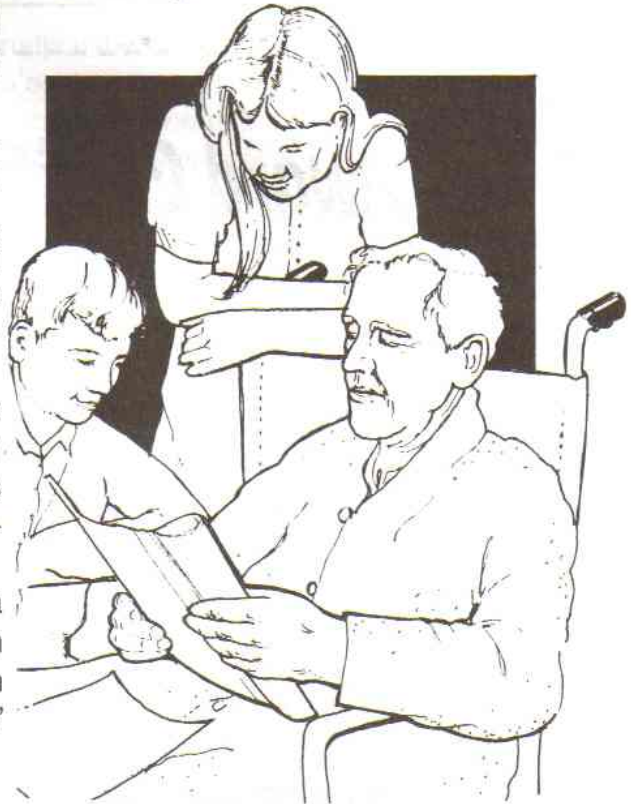
## Musical Programs

Suggest that the youth group do a musical program of songs from the 1940's and 50's. This would delight and surprise the residents, and some of them might even enjoy giving a few dance lessons. Contact your local college music department about coming in to do the music for both groups if the youth do not have that kind of talent.

## Spring Fling

Ask the youth to sponsor a Spring Fling on a warm Saturday in April. Plan for a variety of activities, say two choices in the morning and two choices in the afternoon. Residents may select as many as they feel interested in or are able to handle. Here are some good choices:

1. Bird Watching or Bird Walk. Supply binoculars and sketch pads. Invite a naturalist to lead the group, and use the young folks as assistants.
2. Organize a water balloon toss, complete with prizes. Even wheelchair-bound residents can enjoy this one!
3. How about an outdoor poetry-reading session. Supply grapes to eat, blankets, and a lovely voice. If one of the students does not feel confident, call the drama department of the local college or your community theater group.
4. Get together a supply of bright bedding plants and fix up some window boxes to be placed in residents' windows. Small groups of residents and students might enjoy planting or putting up these natural treasures.
5. Oh, yes, and speaking of treasures . . . what about a spring fling treasure hunt? Have the students design a map and clues, and the residents can follow it both outdoors and in, and end up digging up a real "chest" complete with fun trinkets for everyone.



Youth partnerships can be rewarding for both residents and young people. Remember to make the guidelines clear and plan for one or two good activities each month rather than frequent, poorly organized ones. Give the young folks and residents time to get to know one another. "Getting together" can be a theme for the 1990's, if we think about it and plan for it.



## Contract for Mentoring Program

I \_\_\_\_\_ agree to spend \_\_\_\_\_ hours per month at  
(Student)  
the \_\_\_\_\_, working with a specific resident \_\_\_\_\_  
(Facility) (Name)  
or with a group of residents. I understand that people are counting on me and that  
missing these events would be disappointing to the residents. I understand the  
importance of being reliable, polite, and pleasant when working with residents.

\_\_\_\_\_  
(Student)

\_\_\_\_\_  
(Youth Advisor)

\_\_\_\_\_  
(Facility Coordinator)

## Award Certificate Mentoring Program

Awarded to: \_\_\_\_\_

For outstanding work in the Mentoring Program at  
\_\_\_\_\_

Your hard work and dedication is greatly appreciated. The gift of your time and energy has made a tremendous impact on the lives of many. Your unselfish dedication has brought tremendous happiness to your special friends. Thank you for being reliable, polite, and pleasant!

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature



# March Poetry Pajama Party

by Susan Julio, Niceville, FL

"Poetry can do a hundred and one things,  
delight, sadden, amuse, instruct . . ."

W. H. Auden



Celebrate National Poetry Month during March with an all-night (or just all-evening) pajama party!

## Poetry Contest

Have residents write a special kind of poetry called haiku. Reproduce the haiku poetry form found on page 14 for each resident and collect finished poems. Select a winner to be announced at the Poetry Pajama Party! Make sure everyone receives an award. See reproducible haiku poetry award on page 18. Later, bind together all the submitted poems for an in-house poetry book. Place all of the poems in a notebook and make arrangements for someone to read them all aloud at a gathering on April 28, Great Poetry Reading Day.

## Poetry Readings

Ask notables in the community to read a selection of poems written by a particular poet, such as Robert Frost, Shakespeare, or Emily Dickinson.

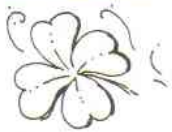
## Poet-Tree

Obtain a cast-off branch from a tree and set the base in a coffee can filled with plaster. When the plaster is hardened, cover the can with colorful Con-Tact™ paper and fill the top of the can with small stones or Easter "grass." Cut leaves from green paper and copy a poem on each leaf. (Try to get a good variety of poems—funny, or sad, as well as different styles such as sonnets or free verse.) Punch a hole in the end of each leaf and use ribbon to tie leaves to the tree. Each day in March, have one resident remove a leaf from the tree to share with the group.

## Poetry Pajama Party

Organize an all- or late-night Poetry Reading party. Ask residents to come dressed in pajamas and robes. Provide lots of comfortable pillows and afghans for snuggling. Allow residents to share favorite poems and share those written for the haiku contest. Announce the haiku winner and present him/her with a small blank book and a lovely pen for future works.





# Pajama Party Games



## Limerick Chain Poem

Use this icebreaker to honor that other March celebration—St. Patrick's Day. Divide residents into four groups. Explain that the groups will be composing a limerick. You may want to read some limericks from something like Edward Lear's *Nonsense Book* to get everyone in the mood. Define a limerick.

A limerick is a five-line, nonsensical poem. The meter is basically anapestic; that is a metrical foot of two unstressed syllables, and one stressed syllable. The first, second, and fifth lines each contain three feet and rhyme with one another. Lines 3 and 4 each contain two feet and rhyme with each other. Consider this example by Edward Lear:

*There was a young lady from Niger  
Who smiled as she rode on a tiger;  
They came back from the ride  
With the lady inside,  
And the smile on the face of the tiger.*



Remind each group that most limericks start off with the phrase: "There once was a . . ."

Group one starts the limerick with a line such as  
"There once was a man without hair . . ."

Group two adds the next line such as,  
"Who, embarrassed at being quite bare . . ."

Group three adds two short lines.  
Glued a wig on his head,  
'twas a bright, flaming red.

Group four adds the final line.  
And caught many an odd look and stare."

*"There once  
was a . . ."*



## Rhyme Time

For this poetry game, each resident will need a piece of paper and a pencil. Ask players to number from 1-10. Have players answer each question using two words that rhyme. Example: What do you call a short poem? (A terse verse.) Answers are in answer key.

1. A pup that has fallen into a puddle?
2. An angry father?
3. A doughy man?
4. The color of Frank Sinatra's eyes?
5. A joke-telling rabbit?
6. Uncle's wife's trousers?
7. The current inhabitant of the White House?
8. A trampled beret?
9. An overfed feline?
10. A hobo's postage?

See how many others you and the residents can create.





# Peanuts and Poetry Party Fare

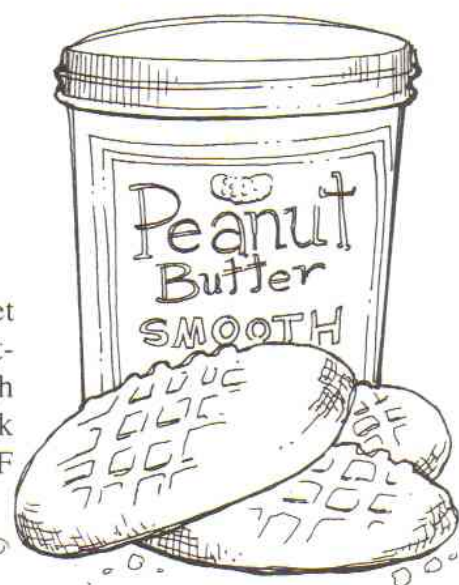
Since March is National Peanut Month, use peanuts to create these tasty treats to tempt your poetry lovers' taste buds.

## Peanut Butter Smashes

3½ cups all-purpose flour  
4 teaspoons baking powder  
1 teaspoon salt  
1 cup butter or margarine  
1 cup firmly packed brown sugar

⅔ cup smooth peanut butter  
2 eggs (beaten)  
2 cups shredded cheddar cheese  
2 tablespoons vanilla extract

Combine flour, baking powder and salt together in a large bowl and set aside. Cream butter and brown sugar together, blending in the peanut butter, eggs, cheese, and vanilla extract. Add to dry ingredients and roll dough into one-inch balls. Place on a lightly greased cookie sheet. Use a fork dipped in flour to make a crisscross on each ball to flatten. Bake at 350°F for 12-15 minutes. Makes two dozen.

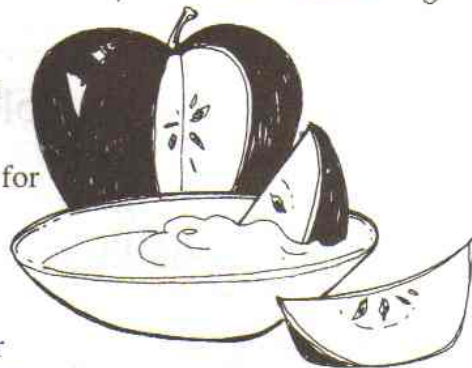


## Apples with Johnny Appleseed Dip

apples cut into wedges  
1 cup plain nonfat yogurt  
½ cup smooth peanut butter

2 tablespoons maple syrup  
1 teaspoon ground cinnamon

Blend together yogurt, peanut butter, maple syrup and cinnamon. Chill for one hour. Serve with apple wedges.



## Seasoned Popcorn

12 cups freshly popped corn  
4 tablespoons grated Parmesan cheese

4 tablespoons of melted butter  
2 tablespoons chopped parsley

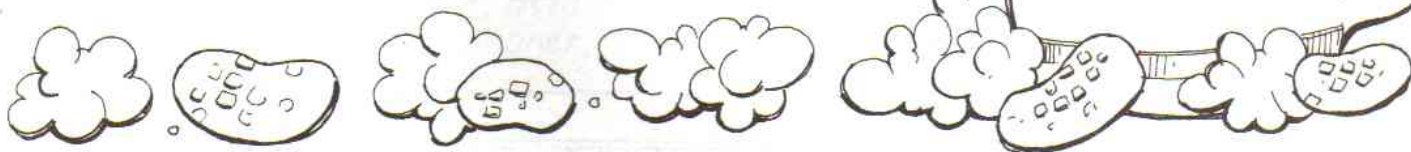
Toss together and serve.

## Cocoa Deluxe

5 cups nonfat dry milk  
1 cup unsweetened cocoa  
marshmallows

2 cups powdered sugar  
hot water

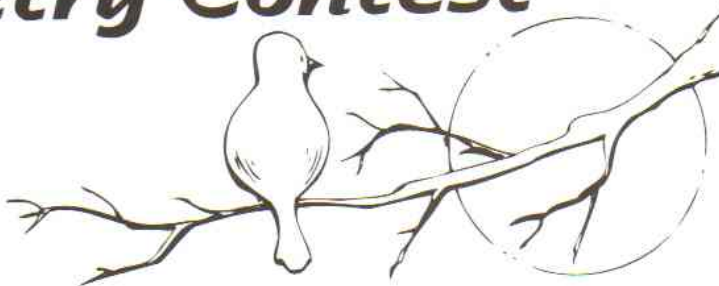
Combine dry ingredients. Put ⅓ cup in a cocoa mug and add ⅔ cup hot water. Stir and add marshmallows. Can be made richer by using milk or cream for residents who need to put on weight.





# Haiku Poetry Contest

Little brown sparrow  
Searching the grass for breakfast  
Hoping for a worm.



Haiku (high-coo) is a form of ancient Japanese poetry that celebrates something that occurs in nature, such as a first snowfall or a storm-tossed sea. Haiku does not rhyme! Follow these guidelines to create your own haiku poem.

Line 1: Use five syllables to describe something.

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Line 2: Use seven syllables to tell what is happening.

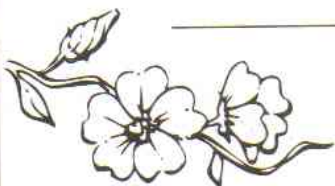
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Line 3: Use five syllables to write an ending or feeling.

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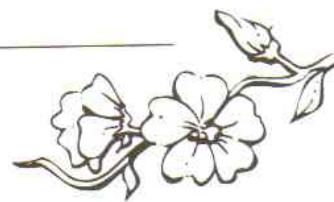
Rewrite your haiku below. Enter the contest as many times as you wish.

## Haiku Poetry Contest



(Title)

(By)



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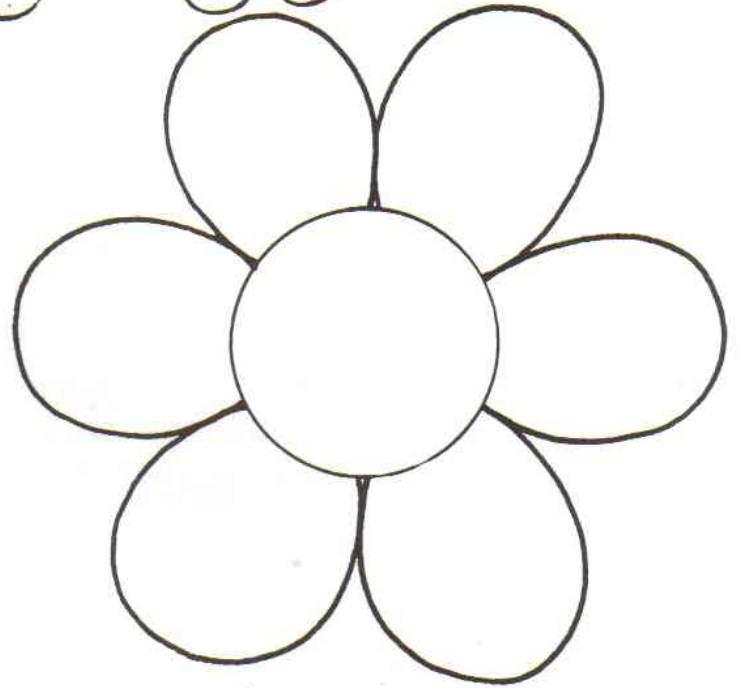
# Springtime Flower Crafts

by Sue Stegenga, Sacramento, CA



## "Be Happy" Buttons

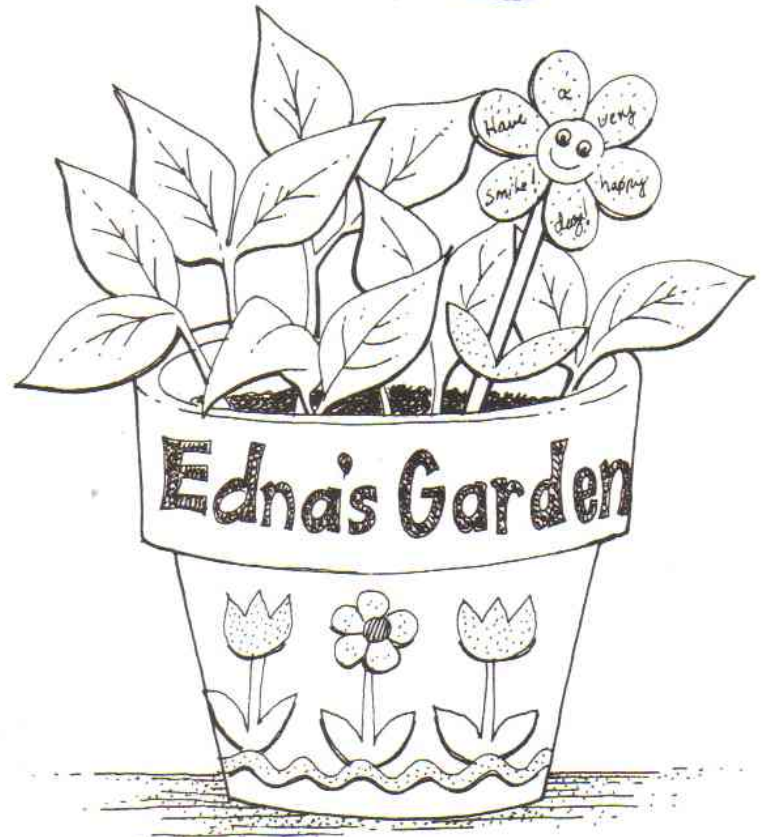
In advance, trace or use a copy machine to reproduce the pattern. Enlarge or reduce the pattern size as desired. Precut the flowers from material such as colorful felt, paper or fun foam. Use a fine-line permanent ink black felt pen to write the words on the petals as shown and to draw a happy face on the center of each flower. Each resident can decorate a flower with glitter-glue, small plastic wiggle eyes, etc. Attach a safety pin to make a flower button. Make enough flowers for both the residents and staff members to wear on "Be Happy Day."



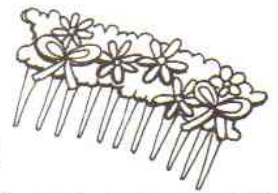
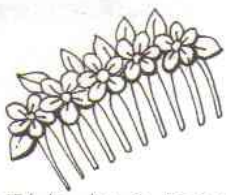
## Decorated Ceramic Pots

Decorate ceramic pots for "Plant a Flower Day." Paint or stencil designs on ceramic pots with acrylic paint, or glue on scraps of decorative materials such as fabric scraps, rickrack trim, fluffy pom-poms, lace and decorative stickers. Use paint or a permanent ink felt pen to personalize each project with a plant poke. (See directions below.)

To make a plant poke to stick in a flower pot, follow the basic directions as for the button, but make project sturdier by gluing the flower to a cardboard backing. For the stem, attach a green chenille wire pipe cleaner, or paint a wooden craft stick green.





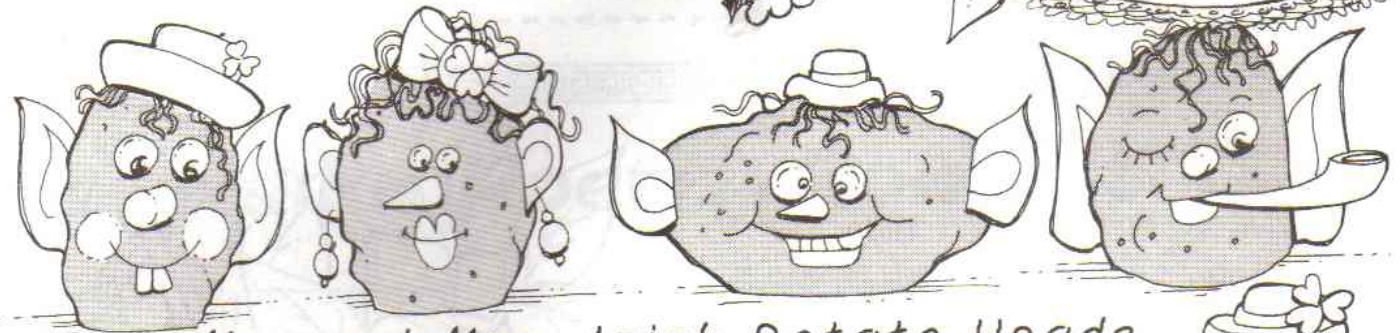


## Floral Hair Combs or Hair Clips

This is a more challenging project appropriate only for residents with the necessary level of fine motor coordination. Provide each resident with a set of hair combs, hair clips, large barrettes, or a hair bow to decorate. Provide small flowers made from materials such as silk or plastic to glue onto the hair decorations. Small flowers can also be made from self-hardening clay or molding clay to be baked in the oven. Pastel colored clay can be used to make delicate, old-fashioned Victorian style flowers such as tiny roses. Use toothpicks to mold the petals into the desired shapes. These flowers should be thoroughly hardened before gluing to the comb. Also, provide an array of other pretty trims such as beads, ribbons, and lace for residents to choose from to decorate projects. The gentlemen will enjoy surprising special ladies in their lives (wives, daughters, granddaughters, etc.) with these gifts.

## Wooden Spool Mini Vases

Decorate a wooden spool (or small piece of cardboard tube) with colorful fabric ribbon or other trim such as lace and beads. Use the vase for real dried flowers or wild flowers. If desired, place the vase on a paper doily. Each resident can display the vase on a dresser or table or give as a gift to someone special.



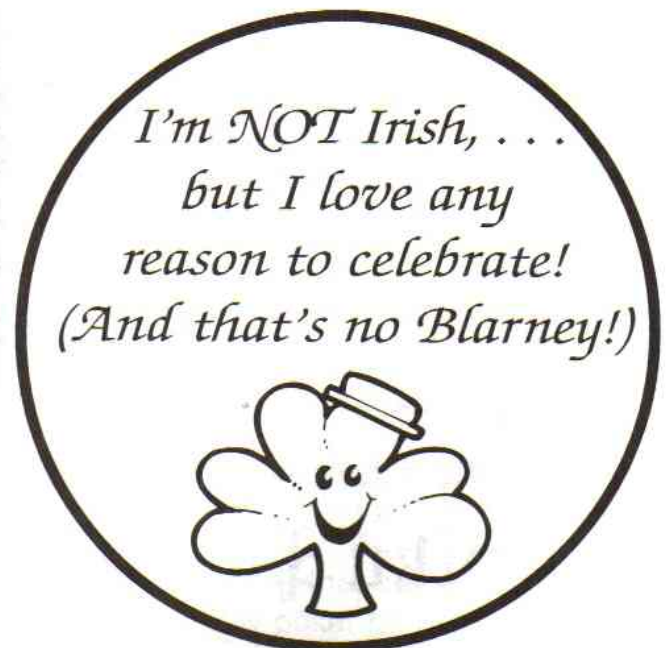
## Mr. and Mrs. Irish Potato Heads

Have residents decorate uncooked potatoes to be humorous Irish characters. For example, someone may wish to make an impish leprechaun with pointed ears. Facial features can be painted or glued on. Provide scraps of paper, moss, lettuce or cabbage for "hair," celery or carrot bits, scraps of fabric, green pom-poms, wiggly plastic eyes, seeds, beans, macaroni or other dried pasta (dyed with green food coloring), shamrock stickers, green pipe cleaners, green ribbon, lace, etc. You may want to purchase miniature green or black hats which are available at some craft stores. Use toothpicks or a tacky craft glue to attach the decorations. To make the potato stand, slice a small bit off the bottom of the potato to make it flat. Use these projects to decorate the dining tables for a St. Patrick's Day meal or as room displays.



# St. Patrick's Day Buttons

Residents can decorate a "bit-o'-green" to wear, using the button patterns below. Trace or use a copy machine to enlarge or reduce the patterns as desired. You may reproduce the patterns on sturdy bright green paper. Residents may color the buttons using crayons or colored pencils or fine-tip markers. (Residents who do not have the fine motor control to do detail work will still enjoy wearing the green buttons.) For sturdier, long-lasting buttons, laminate the projects with clear adhesive plastic. Provide safety pins for residents and staff members to wear the buttons. Or, you may also mount each button on a plastic lid such as the top from a Pringle's™ can. Punch a hole and lace green yarn through it to make a necklace, or glue laminated buttons onto a green or black hat (available at craft stores) or onto a green bow tie or hair bow. Decorate projects with trims such as green pom-poms, glitter, ribbon scraps, sequins, and wiggly eyes. Wear on St. Patrick's Day!





## Award Certificates

### *Hats Off to You!*

Thank you for being a volunteer.

Your generous, unselfish efforts are appreciated by all. We couldn't do it without you.



\_\_\_\_\_  
Signature

### *Outstanding Citizen Award*



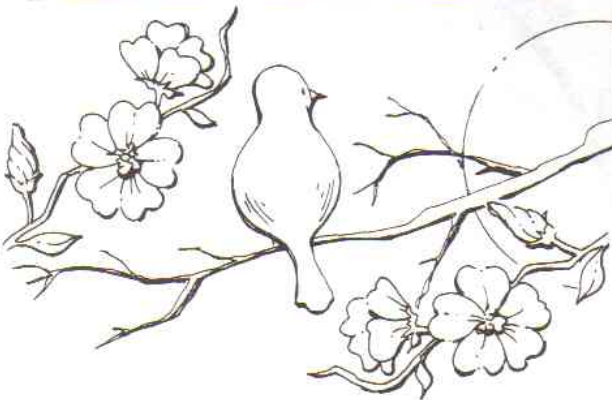
*This is to certify that*

\_\_\_\_\_  
*is a Good Samaritan. You always go the extra mile to be a good citizen.*

\_\_\_\_\_  
Signature

### *Haiku Poetry*

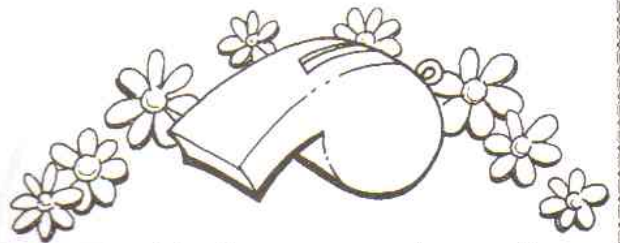
Award to:



\_\_\_\_\_  
Signature

### *You are Terrific*

*I'm not just whistling Dixie!*  
To \_\_\_\_\_



*Your whistling was noteworthy; it sounded just like* \_\_\_\_\_

\_\_\_\_\_  
Signature



# Saturday Evenings Past

## Peanut Poker



For many men, a weekly poker game may have provided an opportunity to meet with friends and enjoy laughter and fun. But since the game's wagers are cash and most residents do not have money available to them, they may rarely get to enjoy playing poker. But money doesn't have to be the wager for a friendly card game. Peanuts, or other individually wrapped pieces of food, may provide the perfect chips for a resident poker party. Find out how many people (don't exclude the ladies) would like to play a new kind of poker game—peanut poker. Groups with five or six people are best for poker; however, if you have only small card tables, games with four people will work. As wagers, pass out fifty peanuts in shells to each player. Place peanuts in plastic picnic bowls so they won't roll around. Antes can be limited to two or three peanuts. Bets can be limited to five peanuts and raises to three times.

Since not everyone knows the rules of poker, find a resident who is willing to teach poker rules to others. Let new players have a chance to practice a few hands before the peanut poker party. When placing people at tables, make sure there are at least two folks at each table who know the rules and can explain and guide the others. At the end of each hand everyone places his hand in front of him/her and others can help him/her figure out his/her best hand. After playing this way for a while, inexperienced players will soon learn how to create a winning hand.

Sometimes creative games are more enjoyable than complicated ones that some may be used to playing. It might be fun to introduce some of these. Here are a few silly poker games that my friends and I like to play:

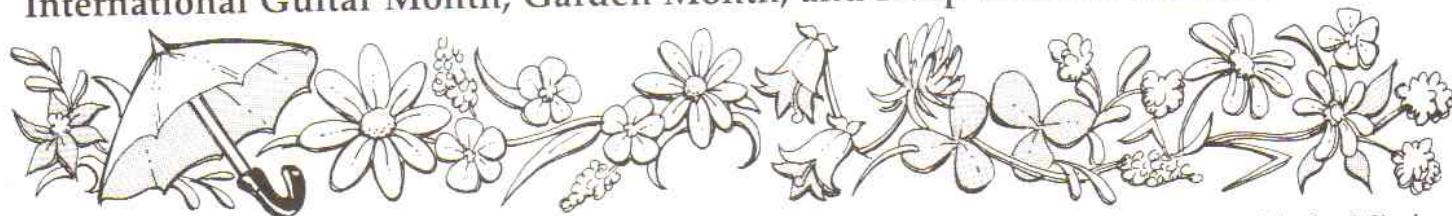
- |                             |  |
|-----------------------------|--|
| <b>Lover's Poker:</b>       | All the hearts are wild.   |
| <b>Rich Man's Poker:</b>    | All the diamonds are wild.   |
| <b>Grandparent's Poker:</b> | The month and day of a grandchild's birthday are wild cards. Example: if May 9 is the birthday, all the 5's and 9's are wild for that hand.  |
| <b>Up with Women Poker:</b> | The queens are wild. (Up with Men—kings are wild.)   |
| <b>Stupid Poker:</b>        | The worst hand wins. Even though it is a straight, a 1, 2, 3, 4, and 5 is the best hand in this game. There are no pairs and the two highest cards are 5 and 4. This hand is called 54. (This game is played similar to low ball.) |
| <b>Dr. Pepper:</b>          | All 10's, 2's, and 4's are wild.   |

The dealer calls each hand, so let residents make up their own games. Encourage a volunteer to record some of the rules for the newly invented games. Put them in a poker player's newsletter. At the end of the game, everyone gets to keep his/her peanuts, and since they are in the shell, they may be eaten later. The winner will have a great snack supply for the week. After the groups meet once, see if they want to have a regular card game on Saturday evenings. Foods besides peanuts in shells may be used as wagers: individually wrapped candies, sticks of gum, tea bags, or poker chips to be traded for chocolates, pretzels, and popcorn.



# Amazing, Amusing, Awesome April

International Guitar Month, Garden Month, and Keep America Beautiful Month.



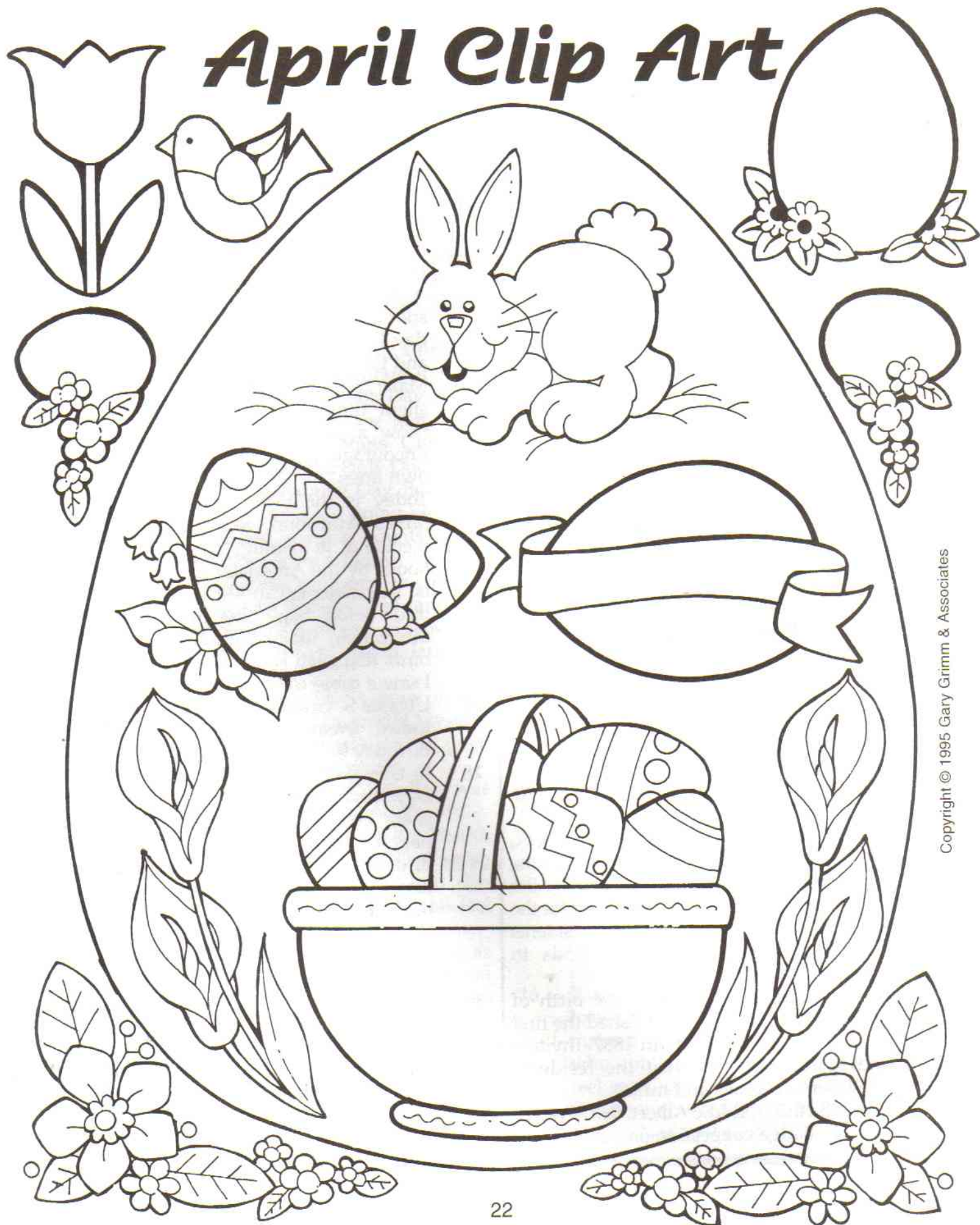
- 1 Today is April Fools' Day. See the recipe for April Fools' Punch on page 32. Today might be a good day to kick off the "Ahhh! the Letter "A" unit on page 37.
- 2 This is the anniversary of Hans Christian Andersen's birth. Many celebrate the day with National Children's Book Day. Invite small children to come to the home and let the residents share Hans Christian Andersen stories like "The Ugly Duckling."
- 3 Today is Celebrate Woman Day. Be proud of the good work you are doing with the residents. Remind male residents to be especially kind to women today.
- 4 On this day in 1969 the popular comedy series, *The Smothers Brothers*, was canceled. Show old Smothers Brothers' videos. Tell jokes and take time to enjoy laughter today.
- 5 Happy Birthday, Bette Davis, born on this day in 1908. Wear an appropriate Mystery Birthday Badge. See suggestion on page 45. Show the video *Now Voyager*.
- 6 On this day in 1909, the North Pole was reached. Celebrate with Eskimo Pies™.
- 7 Today is United Nation's World Health Day. Conduct a discussion on health issues. Sometimes just sharing and discussing our aches and pains makes us feel better.
- 8-15 The second week in April is set aside as National Garden Week. Did you know that 43 million American households garden each year? If weather permits, take peanut butter sandwiches and apple juice to a nearby park for a picnic and plant something.
- 9 Today is the anniversary of the end of the Civil War in 1865. Make it an all-day event by showing the video *Gone with the Wind*.
- 10 This time each year, in Wheeling, WV, there is a rabbit show. The event is planned just before Easter to remind the public to treat Easter bunnies with loving care. You can use rabbits as therapy with residents. See the ideas found on pages 23 and 24. As a snack, try the Rabbit Patch Veggies and Dip recipe on page 32.
- 11 Easter is less than a week away. If you have not already started decorating eggs, do it today. See the egg decorating ideas found on pages 34-36. Save the eggs for an "eggsibit."
- 12 This is National Library Week. Celebrate with a late night read-aloud party. Invite willing residents to come in pajamas to the party. See suggestions on pages 11-13. See the tips for organizing a book drive found on page 8.
- 13 Today is the birthday of Thomas Jefferson. See badge suggestion on page 45.
- 14 Today is Good Friday. Allow a quiet time for residents to pray or celebrate as they wish. Invite a clergyman to give a short talk.
- 15 Around this time each year there is a National Whistlers' Convention in North Carolina. Have your own whistling convention. Let everyone participate. Play the game *Whistler's Mother* found on page 31. After everyone has had the opportunity to pucker up and whistle, give each participant an award found on page 18.
- 16 Easter Sunday might be a good time to have the resident art show. The visitors will make a good audience, and for residents who don't have visitors, the holiday won't feel so empty. See ideas for setting up the art show plus recipes on pages 31 and 32.
- 17-24 This is National Egg Salad Week, the per-



- fect time to serve the hard boiled eggs colored for Easter. Serve Stuffed Easter Eggs. Recipe is on page 32.
- 17 Today is the anniversary of Thornton Wilder's birthday. In honor of this great American playwright, form a drama group for interested residents. See detailed tips for organization, finding scripts, and getting help on pages 27-28. To get everyone motivated, provide scripts for Thornton Wilder's play, *Our Town*. Give the group a few days to practice. Then do a reading of the play for other residents or tape record the play and make it available to all.
  - 18 On this day in 1775, Paul Revere and William Dawes started their famous ride to warn American patriots that the British were coming. Everyone remembers Paul Revere, but who has ever heard of William Dawes? He's an unsung hero. Hold a discussion on unsung heroes. Who in the group has accomplished something heroic that no one knows about? What infamous people hold special places in the hearts of the residents?
  - 19 Each April, in Beaver, OK, the Chamber of Commerce holds its World Cow Chip Throwing Championship. Take Frisbees™ outside in the sunshine and conduct your own "cow chip" throwing championship. Who can toss the farthest? The highest? The straightest? Hit a target? Award Frisbees™ to the winner in each category. Exchange cowboy jokes. Play some country western music or show an old John Wayne video.
  - 20 This time each year, in Oklahoma City, OK, one of the top ten outdoor festivals in the United States is celebrated. This is the Festival of the Arts. How are the plans for the resident art show progressing? Let residents make invitations and phone friends to spread the word.
  - 21 Today is the anniversary of the birth of Friedrich Froebel, who established the first kindergarten in Germany in 1837. Invite a kindergarten class to visit the residents today. Serve cookies and milk.
  - 22 Happy Birthday, Eddie Albert. See Mystery Birthday Badge suggestion on page 45.
  - 23 This is Read Me Day! Wear your "message" on your shirt, hat, or jeans. Encourage workers to dig out his/her most outrageous T-shirt to wear and brighten everyone's day. If you don't have a readable shirt, make a bumper sticker for yourself and wear it! Example: "Getting Old Isn't for Sissies!"
  - 24 Annually, the fourth Monday in April is Fast Day. Dating back to the 17th century, in the settlement of New England, some people choose to spend the last Monday in April fasting and praying. Residents should not go without food for a whole day, but take special time today for prayer and thankfulness at mealtimes.
  - 25 Make tonight Silent Movie Night. Show a silent film or a vaudevillian video. Or, show a comedy movie without sound. Encourage residents to shout out their own lines.
  - 26 Today is the birth anniversary of John James Audubon. Since Bird Watchers' weekend is coming up, provide some books by the American artist and naturalist so residents can see specific species of birds before beginning their watch. After the watch, make badges to brag about birds that each resident saw. For example: I saw a robin today!
  - 27 Ulysses S. Grant's birthday anniversary is today. Wear an appropriate Mystery Birthday Badge. See suggestion on page 45.
  - 28 In Clio, MI, this is Great Poetry Reading Day. Today might be the perfect day to share each resident-authored haiku. See page 14 for contest entries.
  - 29-30 Bird Watchers' Weekend. Take a group of interested residents outside to watch the birds. Provide binoculars, pencils, and sketch pads. See the recipe for a birdseed snack on page 32. Make Bird Watchers' Wreaths with ideas on page 36.
  - 30 The last week of April is Astronomy Week, and the last day of the month is set aside as Astronomy Day. Organize a small group who would like to go stargazing tonight. They may wish to make star badges that describe the stars that they saw such as Big Dipper, Little Dipper, etc.



# April Clip Art

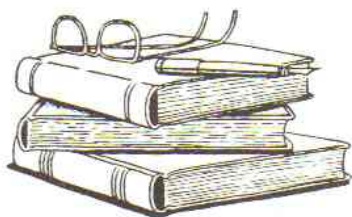




# The Floppy-Eared Therapist

## A Message to Directors

by Sue Stegenga, Sacramento, CA



One of the most effective and sensitive therapists I know of has gigantic ears and enormous feet, even though he's really quite small in stature. Some folks think he's somewhat peculiar looking, and he's certainly not a typical therapist. But most of his advocates think he's adorable in his own unique way. Not only does he have huge floppy ears and clodhopper feet, but he also has a nose that wiggles in excitement as he hops from place to place. You guessed it—this therapist is a rabbit—a Holland lop rabbit, to be exact.

His name is Bambi. (I know. I know. Rabbits are supposed to be named Thumper.) But ever since my childhood days, I've dreamed of adopting a pet deer and that never quite happened. And since my bunny is so gentle, tender-hearted and the color of a fawn, it seemed logical to me to name him Bambi.

I first considered adopting a rabbit after I accepted a new job and moved to a location far from my family and longtime friends. Because I am a single woman, I decided I needed a pet to greet me when I came home to my quiet apartment. And, of course, animals are considered wonderful companions and contribute to good health for anyone who lives alone. Since I was gone all day and lived in a tiny studio apartment, I figured housing a dog was out of the question. And I seem to have developed a slight allergy to cats. (My allergist tried to convince me to adopt something without fur such as a fish or a snake, but I couldn't imagine cuddling up to one of those critters.) Anyway, a rabbit sounded like a reasonable alternative to me because he could be in a cage while I was at work and then I could let him out to play when I got home. So that is how I came to have a bunny for a "roommate."

And did I ever grow fond of this little guy! He is a real character with a lovable personality, yet he is also strong-willed and independent. Nevertheless, at first he became very shy around visitors. But I encouraged my new friends and their young children to come over to pet and play with him so he would become more relaxed around other people. Soon I discovered that friends of all ages were charmed by his humorous antics.

I eventually moved back to my hometown and my bunny moved along with me. A few years later, an elderly friend from my hometown church had a sudden stroke. I began visiting Retta in her assisted living setting. Before her stroke, Retta had been a very active and articulate woman. It was extremely frustrating for her to struggle to communicate verbally after her stroke. When she could not recall a particular word in the midst of a conversation, she would become frustrated and apologized profusely. Much

as I attempted to encourage a two-way conversation so she could continue practicing speaking, I often found myself rambling on in a monologue about any topic that came to mind. One day I happened to mention my bunny and his latest antics. Retta's face brightened and she smiled and giggled. I realized I had discovered a topic that entertained and amused her. After that time, I talked often about my bunny and would send Retta greeting cards (especially at Easter) from my bunny.

It was difficult to watch Retta's physical decline during the next few years. She was eventually moved from an assisted living situation to a more full-scale nursing home. I had read that rabbits have been utilized in therapy sessions for nursing home residents. So I asked permission from the home to bring in the rabbit for short visits. Retta loved seeing and petting Bambi without feeling any pressure to speak. But the bunny's non-judgmental presence encouraged her to speak once in awhile without being concerned about saying "the right words."

Retta had several more strokes and continued to fail physically, although she stayed alert mentally. I would stop by with my bunny for brief visits even when any conversation had become too difficult. But with an animal to cuddle, words were no longer important. My sensitive bunny seemed to understand the need to be particularly gentle around this special lady.

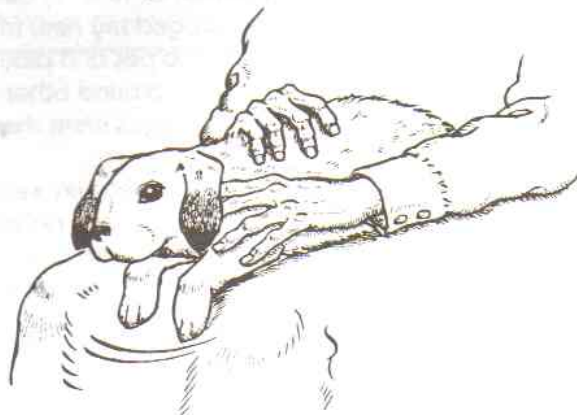
The time came when I knew this would probably be my final visit with Retta. As I entered her room, Retta was in a deep sleep. I whispered Retta's name and told her I had brought the bunny to see her. Retta didn't stir or respond. I waited for a while and was just about to leave. But something inside me seemed to tell me to hold the bunny near to her to say good-bye. So I held the bunny close to Retta's cheek and rubbed his soft fur gently against her cheek. I explained to her that what she felt was the bunny's fur. Retta never opened her eyes but I noticed that her lips quivered slightly. I think she was trying to acknowledge our presence. I couldn't bring myself to say "good-bye" and instead whispered, "See ya later, Retta." I took one more look at my dear elderly friend, Retta. Then I put my furry little friend, Bambi, back into his traveling cage and hurried out the door. When I got to my car, I just sat there clutching my bunny's cage. He looked at me inquisitively with his chocolate brown eyes, so I gently lifted him from his cage. I stroked his velvety soft fur and held him close as he licked the salty tears that trickled down my cheeks. Yes, my floppy-eared friend was excellent "therapy" that day—not only for my dying friend, but also for me as I sadly drove away.



# Hints for Rabbit Visitations

Rabbits have therapeutic value in full-care nursing homes and assisted living settings. They are distinctly different from other domestic pets and have their own special characteristics. Here are some hints for taking a rabbit to visit the elderly:

- The rabbit should be old enough and comfortable being around unfamiliar people. It should also be accustomed to being held and be housebroken. A young, nervous and restless rabbit may squirm and wiggle and may hop out of your arms.
- Never bring in a rabbit that has shown abnormal or aggressive tendencies or has nipped, kicked, or scratched anyone. Be aware that any animal may act differently in a new environment or when frightened. Remove a rabbit that acts strangely.
- A rabbit raised by a reliable breeder and living in a loving home environment is generally more gentle and predictable than a rabbit from a pet store where the rabbit may have been poked and prodded. Although a rabbit from a pet store may be accustomed to that kind of treatment from customers, as a result it may have developed an unfriendly disposition and distrust of strangers. But if a rabbit is brought directly from a pet store for a visit, make sure the person who brings it in knows the rabbit's temperament and how to hold and handle it properly.
- Generally only the owner should hold the rabbit. The owner will probably need to hold the rabbit close to his or her body which makes the rabbit feel more secure and less likely to wiggle or hop away.
- Rabbits must never be held by their ears. Wrapping the rabbit's lower body in a small baby blanket or towel makes it easier to hold the rabbit securely and makes it feel safe. The rabbit will look adorable with its little head and ears poking out.
- Find out if anyone at the residential facility is highly allergic to animals and avoid exposing anyone to rabbit dander who might be endangered. Fortunately, people are less likely to be allergic to rabbit dander than more common pets such as cats.
- A rabbit will stay calmer if you bring it in to visit rooms with only one resident or a few people present at a time. The rabbit is less likely to be distracted in a small quiet room. Rabbits become easily frightened by loud noises or sudden movements.
- Encourage residents to speak softly nearby and directly to the rabbit. Remember some people who are hard of hearing may speak more loudly than what the rabbit is used to hearing.
- If the residents or staff want to pet the rabbit, hold the back of the rabbit toward them to be petted, with the rabbit's face away from them. This prevents someone from accidentally poking the rabbit's eyes or from scaring it by coming too quickly toward its face. Encourage petting on the back of its body rather than on the head. Cradle in your arms the rabbit's head and guard its mouth so it can't nip anyone.
- Do not let anyone feed the rabbit unplanned treats. Even vegetables such as carrots may make the rabbit ill if these tidbits are not part of the rabbit's regular diet. Only the owner should feed the rabbit.
- Avoid putting the rabbit outside in direct sunlight for a long time since rabbits can become overheated very easily. If you take flash photos of the rabbit with residents, hold the rabbit securely in case the flash of light startles it.
- A rabbit is a good conversation starter and stimulates memories about treasured pets. For instance, when I showed my bunny, many folks reminisced about rabbits they had raised and other pets they missed such as dogs and cats. Several of the residents thought it was a "nice kitty." And one gentleman laughed and suggested I might want to keep the rabbit away from him because he used to hunt rabbits years ago!





# Let's Meet the Dunes Lady



**Kathleen  
Goddard Jones**



# Getting to Know Kathleen Goddard Jones

by Ann Thomas, Santa Maria, CA

If you saw the movie *The Ten Commandments*, you saw the Nipomo Dunes. Cecil B. DeMille filmed his masterpiece there. If you have taken walks on the East Coast's Cape Cod, you know what dunes are like. They are hills or ridges of wind-blown sand. You know how beautiful and how fragile dunes are.

If there is ever a Sierra Club or Department of the Interior Hall of Fame, Kathleen Goddard Jones is sure to be in it. This sprightly 78-year-old lady is an environmental activist. She has worked tirelessly for thirty-three years to preserve something very dear to her heart: the Nipomo Dunes on California's Central Coast.

Kathleen has worked to protect the dunes from invasion by developers, exploitation by industry, and misuse by careless "happy campers." Her persistence and determination have contributed to the preservation of the fragile dunes.

Several years ago, Kathleen successfully led local opposition to location of a nuclear energy plant in the area of the dunes. She has persuaded local politicians to be more vigorous in protecting this great natural resource.

And she is still very active. Dressed in long pants, with a long-sleeved shirt and brimmed hat to protect her from the sun, Kathleen leads weekly walks for the Nature Conservancy.

With an unmistakable passion, she points out landmarks, wild flowers, and important sights. She easily outlasts her younger and less hardy colleagues, who find trudging through the deep sand a bit of a chore.

Despite two broken hips and a series of small strokes, Kathleen continues to trudge on. Recently, she endured a more exotic ordeal. While clearing a trail, she got caught in a trap of poison oak briars!

Neither Kathleen nor her past are dull! She was the first chairwoman of the National Sierra Club Council. She also founded two chapters of the Sierra Club, and she was a docent for the Nature Conservancy.

Kathleen's interest in nature led to a longtime friendship with famous photographer Ansel Adams. Almost all of us have seen an Ansel Adams photograph somewhere!

Kathleen grew up in Santa Barbara, a lovely area south of Nipomo. She left her studies at Mills College to run off and marry a Persian aviator. She lived in the mountains of Iran for a while, then divorced and returned to the United States.

She married (and then divorced) a pianist and adopted six children. When she married Gaylord Jones, a wildflower portrait photographer, the couple settled on the Central Coast.

Ever since then, she has worked to preserve the dunes. "The dunes are my world," she says. You don't doubt this for a minute. Kathleen Goddard Jones, extraordinary activist, is truly "the dunes lady."

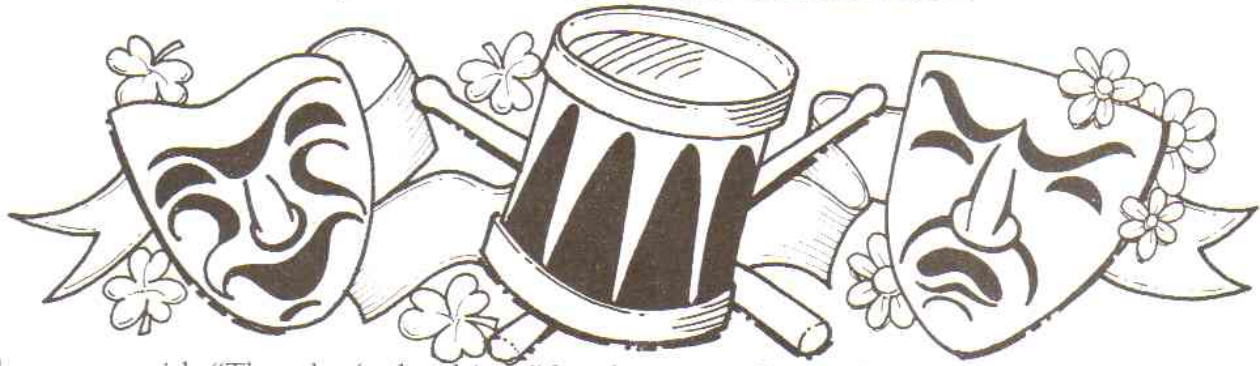
## Discussion Questions

1. What is your favorite outdoor area for hiking and observing nature? Lakes, streams, mountains? Name the places that make you thrill to nature.
2. What are some areas of nature and our ecosystem that worry you? Can you name other outdoor areas that are in danger from carelessness and mismanagement?
3. Have you ever hiked in dunes? Suppose you are part of a group trudging along the deep sand. Think of some good songs to sing to spur on the group. Hum your favorite hiking song.
4. Did you see the movie *The Ten Commandments*? This was filmed in the Nipomo Dunes. What other movies can you think of that could have been filmed in this area?



# Drumming Up a Drama Club

by Dr. Linda Karges-Bone, Charleston, SC

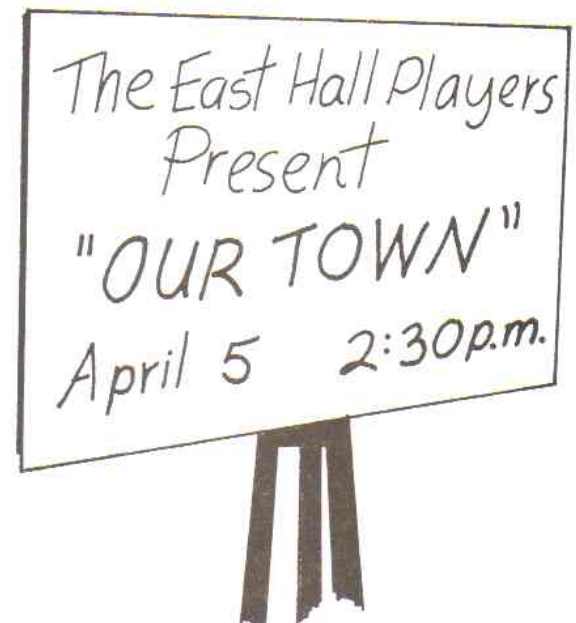


Shakespeare said, "The play's the thing," but he was only partly correct. Sometimes the "playing" is the thing. A drama club or group might be just the thing to stir up interest and activity in your nursing care facility. Getting started is simpler than you might think. Here are three options:

1. Form your own group, with a resident leading the effort. This is the best way to get the ball rolling. Look for someone who has had experience, someone who perhaps taught drama at the high school level, someone who is producing community theater work, or find someone who simply loves the theater and is knowledgeable about it. Ask him or her to chair a meeting at which interested residents might help to formally organize the group. (See organizing tips below.)
2. Hire a part-time college student (a drama or English major) to organize the theater group. He/She would have access to scripts and other materials that you might need, through the college, and this extra pair of hands keeps you from taking on too much additional work. If this route suits your needs, contact the Speech and Drama department at the college and ask the department chairperson to provide a list of students who might be available and can be interviewed. Be sure to ask a group of residents to assist in the interview process, so that you can be sure that the personalities mesh.
3. Another option involves a partnership with an already existing drama group at the community level. Approach the president of the group and discuss forming an auxiliary group at your facility. Members of the community group could visit your facility to plan joint productions or do miniworkshops and readings, or perhaps the residents could be transported to the rehearsals and productions and work as part of the regular cast and crew.

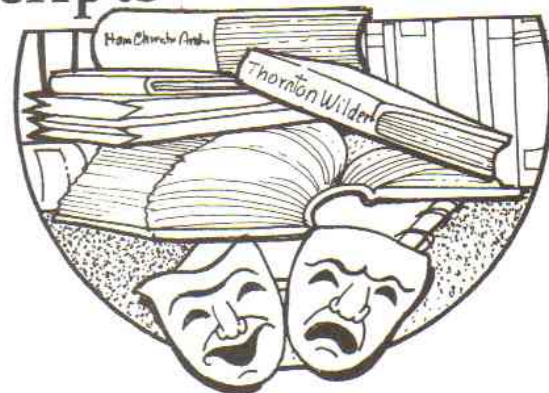
## Organizing a Drama Group

How do you organize a drama group? Who will run it? It is best to encourage a democratic election among the residents. Keep things light and friendly. Do a simple paper ballot election to fill the following positions: president, secretary, treasurer, casting director, librarian, and publicity chairperson. Most of the official duties are self-explanatory, except for the casting director and librarian. The librarian takes care of finding scripts, securing large print copies of scripts, filing scripts for future use, and making copies of scripts. The casting director makes the final decision as to who takes what role in a reading or production. This is a sensitive position, so encourage someone who is open-minded, fair, and respected by all the residents.





# Where to Find Scripts



1. Books in the local library contain plays that can be copied. Use a copier that enlarges to make the print bold enough for all to read.
2. Purchase paperback copies of plays. Ask your local bookseller to give you a discount for multiple copies.
3. Borrow the scripts from a local high school or college drama department.
4. Invite a college partnership group (see suggestions on page 8) to write a short script for your group to use.
5. Organize a committee to adapt a favorite short story or poem into a play or script. Supply a word processor and a student volunteer to type as the residents dictate.
6. Make copies of long poems or ballads to use in choral readings. These are easier than memorizing plays, and you can add a musical background and costumes if you like.
7. Puppets! No kidding! Borrow a set of puppets from a generous kindergarten teacher and produce humorous "adult puppet shows." The residents can read from scripts and don't have to worry about costumes. If your group develops a knack for this kind of work, their productions would be welcome in schools, nurseries, and churches.
8. Celebrate monthly holidays and events with dramatic readings. For example, Thornton Wilder's birthday arrives in April, so a reading of one of his plays like *Our Town* would be appropriate. The birthday anniversary of Hans Christian Andersen is April 2, so a dramatic reading or puppet presentation of one of his stories might be a lot of fun, especially if a group of children is invited to view the event. St. Patrick's Day comes on March 17, of course, so a dramatic reading of old (and original) Irish limericks might bring a welcome touch of humor. Consider publishing these original limericks in a booklet and sharing them with school children.
9. The purpose of the drama group can be extended to visiting local theaters to enjoy and then discuss plays. Dinner out and an evening of theater can be a pleasant event, especially if residents "dress up" and take along opera glasses.
10. Another twist to the drama group theme is to ask residents to work with a staff member to produce a *Good Morning* \_\_\_\_\_ television show. Use a video camera and short circuit television to do this. It is easy to set up. In fact, many elementary schools now do it daily. Call and ask a school's media center expert to visit and tell you what is needed. The residents can write and host the five- to fifteen-minute program each morning. Be sure to announce special events, give the daily menu, report the weather, tell a good joke, and even share local news, as long as it is positive!

Drama can be an effective vehicle for sharing feelings, releasing anger, or approaching new friends. Whether you prefer comedy or tragedy, puppets or full-blown productions, drama can add a touch of excitement to each new day.





# Gardening Time





# Gardening Time

by Edith E. Cutting, Johnson City, NY

Spring, oh, spring! Winter is over at last. Plants begin to grow. Everything from dandelions to roses begins to bloom!

I remember a joke my grandfather and grandmother played one year. He was a gardener at a resort hotel, and she worked in the dining room. One of her jobs was to see that there were always fresh flowers on the tables. One day Grandpa brought her dozens of blooms from his field of potatoes. Now, in case you haven't seen them, some potato blossoms are spikes of delicate lavender flowers, while others are clusters of white with yellow centers.



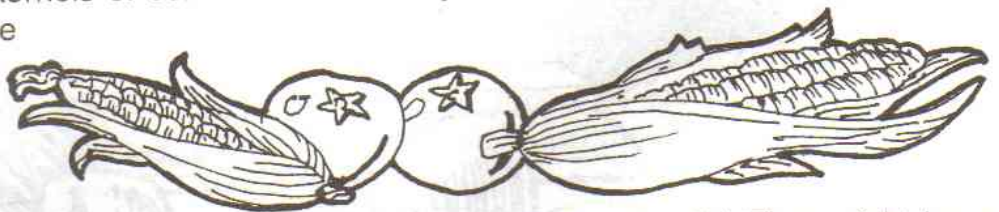
When the guests saw the lovely blooms on their tables, they besieged Grandma with questions about these rare flowers. Demurely, she replied that they were a special orchid that her husband grew!

When I was a child, my brother and sisters and I each had a little garden of our own. We could plant whatever we liked, but we had to take care of what we planted. I sowed little white beans that my mother would use for her good baked beans. I still remember, though, the gorgeous rows of gladioli, the bulbs which my older sister planted, keeping a record of their names and the colors of their sheaves of blooms.

We all helped in the family garden, of course. Back then we didn't have many insecticides. Instead, one of our jobs was to pick off those miserable hard-shelled potato bugs (Ugh!) and drop them into a can of water. Cabbages might have soft green worms on them. "Dusting the cabbages" wasn't such a bad job. We just sifted plain dry dirt through our fingers onto them, and nobody minded dirt!

These garden chores came later in the summer, though. In the spring we all helped with planting. Even the littlest girl could drop kernels of corn in the holes my father made with his hoe. We were taught that each hole should have

One for the cutworm,  
One for the crow,  
One to rot,  
And one to grow.



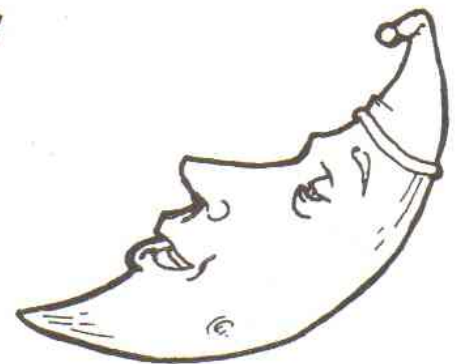
We never planted according to the phases of the moon, but many people did. They might have taught their children

Plant peas when the moon is on the wane:  
Plant your peas in vane.



## Discussion Motivators:

1. Do you remember other gardening rhymes like these?
2. What kind of gardens did you plant as a child? As an adult?
3. What are your favorite homegrown foods?
4. Did your parents or grandparents grow their own food?
5. Have you ever lived on a farm? What was that like for you?





# An April Art Show

by Susan Julio, Niceville, FL

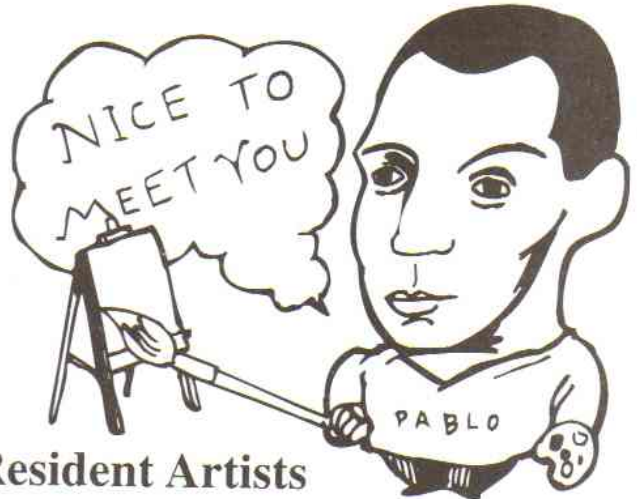
The masterpiece should appear  
as the flower to the painter . . . a joy to the artist.

James A. McNeill Whistler

Bring out the hidden artist in each of your residents with these ideas for an in-house April Art Show and a Meet the Artist Party!

## Artist Demonstrations

Ask community artists to come in and give simple, hands-on demonstrations of different art techniques—watercolor, oil, pastel (you may want to include sculpture classes as well). Inspire residents with copies of famous artwork (borrowed from local libraries and private collections) displayed in prominent places. Also, leave out several large coffee-table-type art book collections for study.



## Resident Artists

Allow each resident to select a medium and provide the art materials needed. Set up an “art studio” in an empty space and stock it with paper, brushes, smocks, and clean-up supplies. Mount completed paintings (all but oil) on cardboard and cover with a sheet of clear acrylic (a plastic tablecloth works well) cut to size and tape along the back edges of the artwork. If including sculpture, cover finished pieces with cardboard boxes. Oil canvas can be sprayed with a fixative (obtained from art stores), framed, and draped with a sheet.

## Art Gallery

Find an area for “gallery” space and display finished work on easels, tables, and the wall. Invite residents, employees, friends, and relatives to visit the gallery during a convenient time. Remember to label each work of art using a small index card. Include the artist’s name, age, medium used, and title. You may decide on an informal judging as well, awarding prizes to each artist. Awards might include most imaginative, best landscape, most interesting use of color, most unique design, etc.

## Meet the Artists Party

Throw a Meet the Artists Party to celebrate your April artists! To get the party off to a good start, use the ice breaker on the next page. Play *Whistler’s Mother*, too.

## Whistler’s Mother

Take the name of a famous painting to play this contest—*Whistler’s Mother*. Have the residents sit on chairs in a circle. If your group is large, divide the players into two or three smaller circles. “Mother” (the leader) starts off by whistling a few choruses of a popular song quietly into the ear of the first player, who whistles the same tune to the second player and so on around the circle. The last player must guess the name of the song. If the guess is wrong, everyone gives the correct song title.





## April Fools' Tableaus

Hang a large sheet from the ceiling and arrange a light so that a shadow is made on the sheet. Divide guests into groups of three or four. Each group will "perform" one at a time. Provide each group with a box containing aluminum foil, paper plates, cardboard boxes, tubes, etc., and a slip of paper listing the name of a famous statue. Each group must go behind the sheet and re-create the statue using a team member (or members) and the assorted items in the box. At the signal, overhead lights are turned off and the sheet spotlight turned on to show the completed statue. Other teams must try to guess the statue created. Famous statues might include The Statue of Liberty, The Thinker, The Discus Thrower, Venus de Milo, Mount Rushmore Memorial, or The United States Marine Corps War Memorial.



## April Appetizers

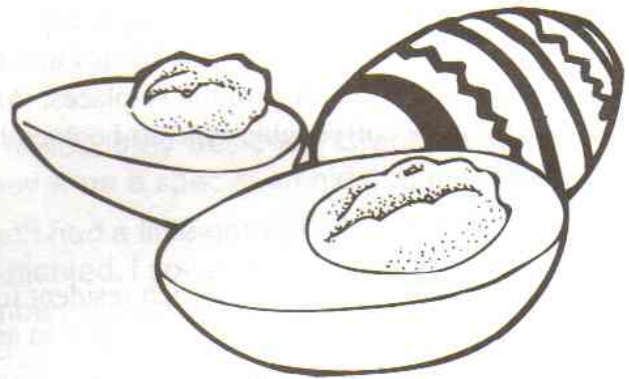


Create these "arty" appetizers for more April celebrations!

### Stuffed Easter Eggs

1 dozen hard boiled eggs, shelled      teaspoon salt  
1/2 cup mayonnaise                      food coloring

Slice the eggs in half lengthwise and scoop out yolk into a bowl. Mix in mayonnaise and salt. Divide into three small bowls. Add several drops of red food coloring to one bowl and blend until mixture turns orange. Add several drops of blue food coloring to another bowl and blend until mixture turns a light green. Leave the third bowl yellow. Use a pastry bag to fill eggs.



### Birdseed

Combine hulled sunflower seeds, mixed nuts, raisins, and chopped dried fruit in a Ziploc™ bag for snacking. Can be taken on short outings such as bird-watching or stargazing.

### Rabbit Patch Veggies and Dip

1 cup cottage cheese (creamy style)      1 red pepper, chopped  
1/2 cup ranch-style dressing              1 green pepper, chopped

Blend together cottage cheese and ranch-style dressing until blended. Add peppers. Stir. Serve with dippers such as carrots, celery sticks, cauliflower and broccoli florets.



### April Fools' Punch

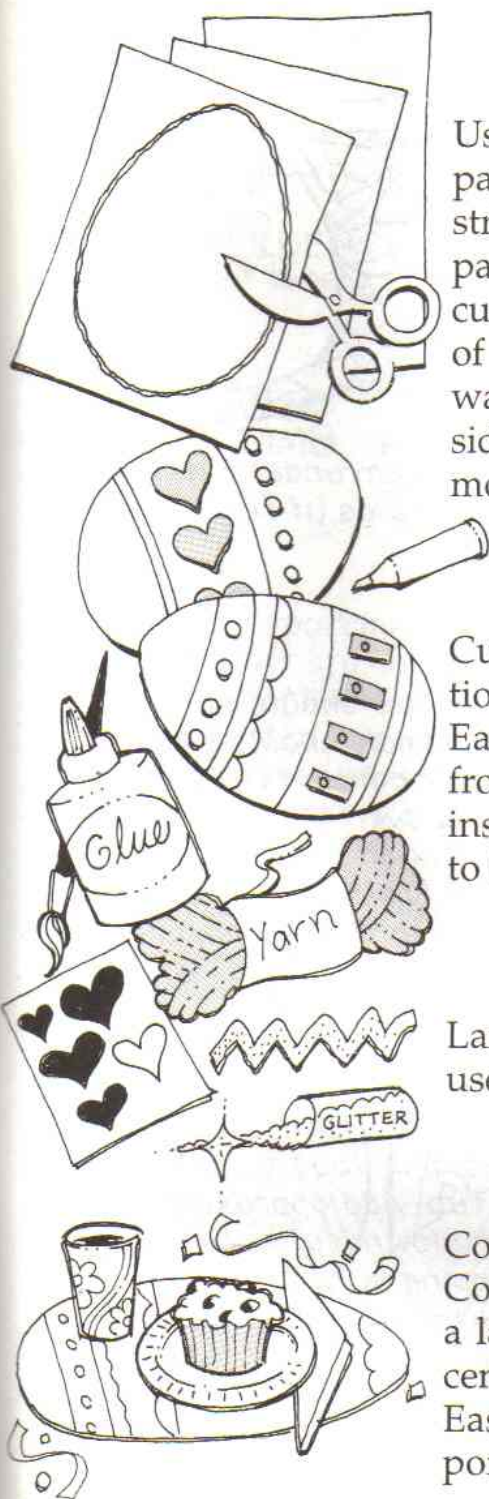
Fill a punch bowl with seltzer water or Gingerale™. For an "inside-out" drink, freeze fruit punch in ice cube trays. Float ice cubes in punch bowl. As the cubes melt, they'll flavor and color the seltzer.





# Paper Egg Crafts

Set up a paper egg craft table so residents can work on egg crafts when they choose. Place supplies on table with a variety of sizes of egg-shaped patterns and some completed samples. Encourage residents to donate some of their handiwork to decorate walls and doors.



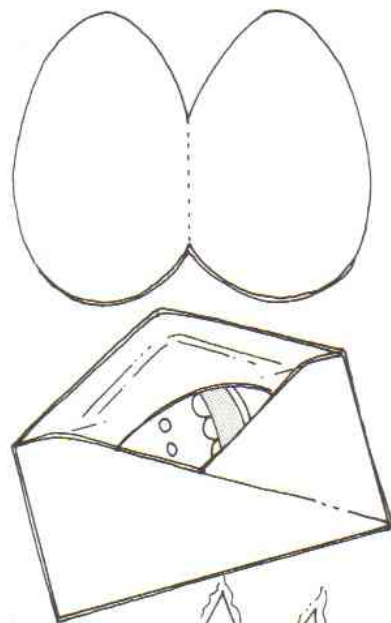
## Egg Decorations

Use a large egg-shaped pattern to cut paper eggs from brightly colored construction paper. Decorate with markers, paint, glitter, ribbon, rickrack, yarn, paper cut-outs, and stickers. Decorate one side of the eggs if they are to be placed on walls or bulletin boards. Decorate both sides of the eggs if they are to be hung like mobiles or used in baskets.



## Greeting Cards

Cut eggs on a folded sheet of construction paper to make party invitations or Easter greeting cards. Decorate the fronts and write the messages on the inside. Make these patterns the right size to fit into a regular envelope for mailing.



## Party Place Mats

Large colorful paper egg-shapes can be used as place mats on party tables.

## Paper Egg Contest

Conduct a Most Beautiful Paper Egg Contest. Place the rules and deadline on a large paper egg displayed at the craft center. Winner might receive a basket of Easter chocolates, an Easter bonnet, or a porcelain egg.





# An "Egg"stravaganza of "Egg"citing Egg Ideas

by Sue Stegenga, Sacramento, CA



## Hard-Boiled Eggs

Boil eggs in water until they are hard (at least 10 minutes). Run them under cool water and dry them. Cool and use to dye eggs. Use these eggs later for salads (if refrigerated) and other snack treats during National Egg Salad Week.

## Blown-Out Eggs

Use a sharp needle to pierce holes in both ends of each egg. (This should be done in advance so residents won't have to blow out their own eggs.) One hole should be slightly larger than the other. Shake the egg slightly to loosen the inner contents. Poke inside with the needle to burst the yoke and egg whites. Place the egg over a bowl and blow through the smaller hole so the inner contents empties down through the larger hole at the other end. Use the liquid egg for other baking or toss it out. Blow out extra eggs in case of breakage. Carefully rinse inside of egg by putting water in the bigger hole and letting it drain out the smaller hole. Let dry several days before decorating.

## Dyed Eggs

Purchase egg decorating kits and follow the package directions for making an assortment of colors, or make your own variety of color solutions. Mix food coloring with water to dilute in a clean bowl such as a plastic margarine tub. Add approximately 1 tablespoon of white vinegar to each color. Dip hard-boiled or blown-out eggs in solutions. Use wax or crayons to draw designs on eggs before dipping in color if you want the dye to resist in certain patterns on the eggs. Or wrap wax-covered string around the egg in a pleasant design. The string will not absorb color, when dipped in dye. Use a spoon to roll each egg carefully and long enough to absorb the desired intensity of color. Let colored eggs dry either on waxed paper or in an egg carton.



## Decorating Eggs

Provide residents with trims such as rickrack, braids, glitter-glue, decals, stickers, sequins, beads, small buttons, paper scraps, feathers, pom-poms, yarn, wiggly plastic eyes, chenille wires (pipe cleaners), felt and fabric scraps. Use either tacky craft glue or a low temperature glue gun (only with assistance and close supervision) to attach features to eggs. Make ornamental eggs or spring animals such as bunnies, chicks, and ducklings or humorous "egg head" people. Break an egg in half to make a basket for a pom-pom chick. Attach a pipe cleaner to make handles to hang up eggs on an "Easter tree." (Make the tree from a branch stuck in a clay base.) Cut a piece of cardboard tube to make a base for each animal or egg head.



## Other "Egg"citing Ideas

You can also purchase wooden eggs of various sizes and wooden egg cups (to hold the eggs) at craft stores. Paint the eggs with acrylic paints (generally requiring two base coats of paint). Residents can decorate eggs by painting on designs or attaching trims such as glitter and decals. Or use the plastic snap-apart eggs that nylon stockings come in or clear plastic bubble eggs that can hold tiny items such as pom-pom Easter chicks and Easter grass. (Purchase the plastic bubble egg ornaments at craft stores.)





## More "Egg"stra Special Projects

Decorate baskets to display decorated eggs. Purchase premade baskets and decorate them with ribbon bows, lace, fabric flowers, crepe paper streamers, stickers, etc. Or make baskets from containers such as milk cartons, berry baskets, bleach containers, or paper cups. (Make sure containers are empty, thoroughly rinsed and dried.) Cover containers with fabric, construction paper, or colored adhesive plastic. Attach cardboard wheels to a berry basket to make a "bunny cart." Fill baskets or bunny cart with colored Easter grass and decorated eggs. These projects make attractive table centerpieces.

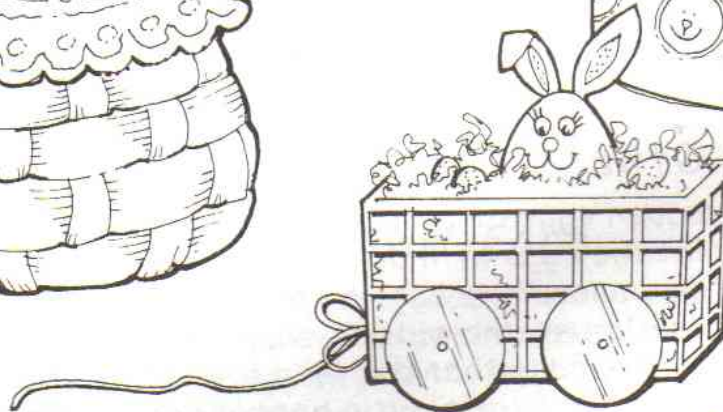
LACE AND RIBBON TRIM



MILK  
CONTAINER  
OR  
BLEACH  
BOTTLE

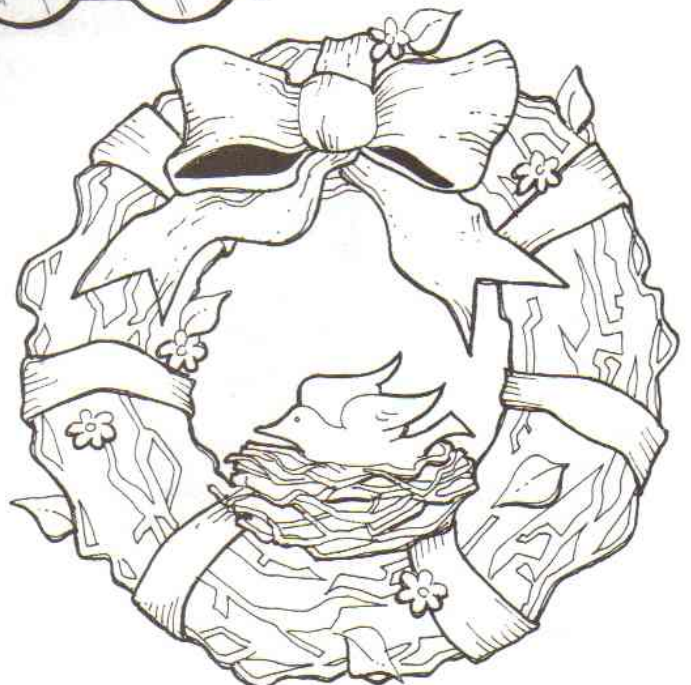


BUNNY CART  
(PLASTIC BERRY BASKET)



## Bird Watchers' Wreath

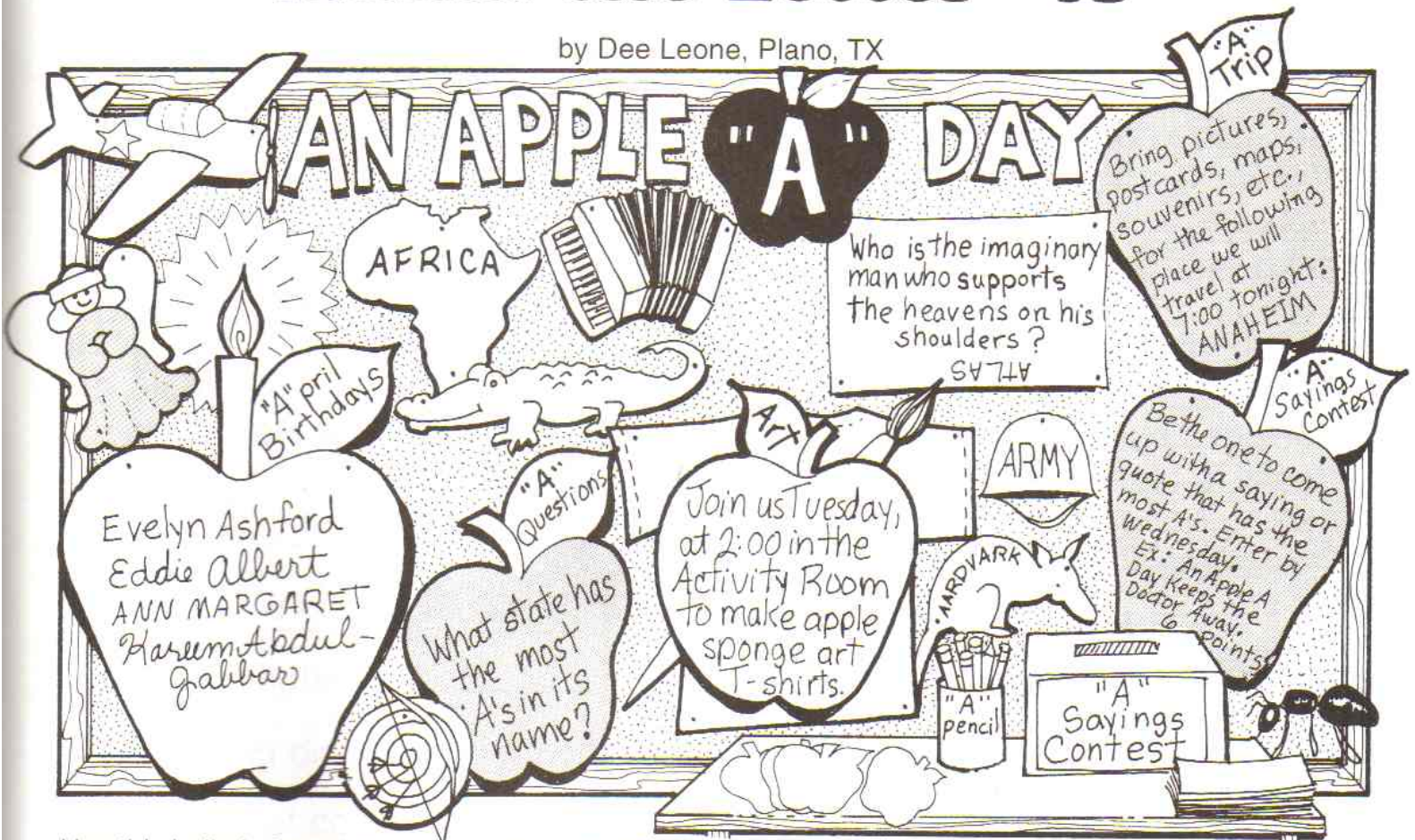
Use a natural grapevine wreath base or a Styrofoam wreath base. To make a miniature wreath, use a small size. Provide fabric ribbon to wrap around the wreath and to make a bow and hanger for the wreath. Provide a small silk bird in a nest (available in craft stores) to glue in the bottom center of the wreath. A low temperature glue gun works best but requires close supervision and assistance. Help each resident hang his/her wreath as a springtime display on doors or walls.





# Ahhh! the Letter "A"

by Dee Leone, Plano, TX



Use this bulletin board as a focus point for the "A" Activity Unit. On a nearby work table, have plenty of extra paper apples on which staff and residents can write additional "A" items to add to the board. Interested residents can choose an apple a day.

## Abbreviations and Acronyms

Each day for two weeks, challenge residents to identify one of the "A" abbreviations or acronyms. Examples: AK, AZ, AR, A.D., AFL-CIO, AWOL, AAA, AA, AM, ABC, AEC, ACLU, A.S.P.C.A. (See answers in answer key on page 47.) Try to schedule related activities such as an animal day hosted by A.S.P.C.A.

## "A" Questions

Take turns putting up questions each day that can be answered with an "A" word. Example: Who is the imaginary man who supports the heavens on his shoulders? (Atlas) Let residents think up questions to place on the board also.

## "A" Trips

Have books, movies, pictures, etc., on display for a different trip each day or week. "Visit" Anaheim, Anchorage, Australia, Asia, the Alps, Ascension Island, etc.

## Crafty "A" Projects Appetizers

Decorate boxes with apple stencils, add appliques to shirts, etc.

Residents can help make avocado dip, almond cheese balls, artichoke hearts, alphabet soup, etc. Have an "A" appetizer recipe contest. Who can create an appetizing "A" dish?

## April Birthdays

Write the names of people having April birthdays—famous people and residents—on apples and add them to the board.

## Activity Room Hunt

See who can list the most things or objects that begin with "A" and are found in the activity room.



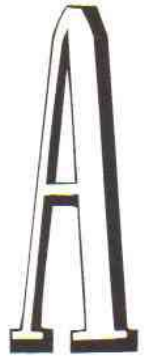
Name \_\_\_\_\_

## They Do "A" Work

Read the clues. Answer each one with a profession that begins with "A." When done correctly, the letters in the box will spell the name of the mystery "A" profession.

1. writer
2. flies into space
3. excels at sports
4. helps plan classes
5. studies the stars
6. designs buildings
7. sells to highest bidder
8. painter or sculptor

9. checks financial records
10. gymnast
11. excavates ancient cities
12. lawyer
13. represents an actor
14. works where public records are
15. high-ranking diplomat
16. pilot

[illegible]

## Mystery Occupation



# "A" Is for Alphabetical Anatomy

Read the clues. Answer each one with the name of a body part. The answers will be in alphabetical order.

1. block on which metal is hammered A \_\_\_\_\_
2. extra material at the end of a book A \_\_\_\_\_
3. weapons A \_\_\_\_\_
4. a main road A \_\_\_\_\_
5. opposite of front \_\_\_\_\_ A \_\_\_\_\_
6. inflatable part of basketball \_\_\_\_\_ A \_\_\_\_\_
7. baby elephant \_\_\_\_\_ A \_\_\_\_\_
8. vibrating disc of a telephone \_\_\_\_\_ A \_\_\_\_\_
9. a spike of corn \_\_\_\_\_ A \_\_\_\_\_
10. to turn toward \_\_\_\_\_ A \_\_\_\_\_
11. clock has two of these \_\_\_\_\_ A \_\_\_\_\_
12. one side of a coin \_\_\_\_\_ A \_\_\_\_\_
13. Valentine symbol \_\_\_\_\_ A \_\_\_\_\_
14. a shark movie \_\_\_\_\_ A \_\_\_\_\_
15. part of a whip \_\_\_\_\_ A \_\_\_\_\_
16. driven in by a hammer \_\_\_\_\_ A \_\_\_\_\_
17. type of orange \_\_\_\_\_ A \_\_\_\_\_
18. part of a plant pistil \_\_\_\_\_ A \_\_\_\_\_
19. tropical tree \_\_\_\_\_ A \_\_\_\_\_
20. line from center of circle \_\_\_\_\_ A \_\_\_\_\_





Name \_\_\_\_\_

# "A" Anagrams

An anagram is a word made by rearranging the letters of another word. Rearrange the letters given in each word below to spell words beginning with the letter "A."

- |                 |                  |
|-----------------|------------------|
| 1. dad _____    | 14. car _____    |
| 2. bale _____   | 15. char _____   |
| 3. later _____  | 16. organ _____  |
| 4. range _____  | 17. raid _____   |
| 5. cane _____   | 18. tar _____    |
| 6. race _____   | 19. dances _____ |
| 7. tea _____    | 20. coats _____  |
| 8. moat _____   | 21. has _____    |
| 9. blame _____  | 22. please _____ |
| 10. tan _____   | 23. seats _____  |
| 11. tuna _____  | 24. law _____    |
| 12. glean _____ | 25. mane _____   |
| 13. pea _____   |                  |





# *Active "A+" Personalities*

*Jane Addams*



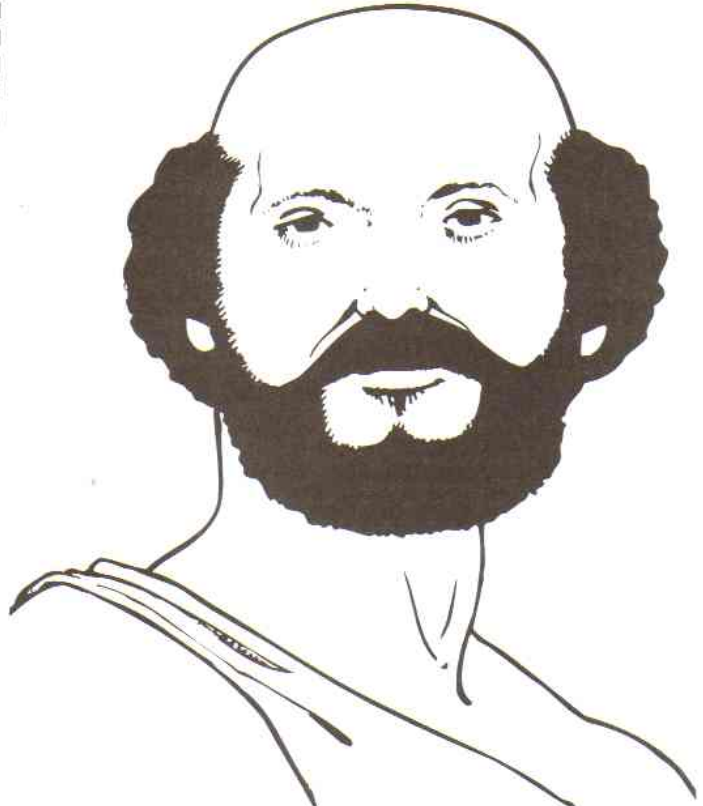
*Louisa May Alcott*



*Spiro Theodore Agnew*



*Aristotle*





### **Louisa May Alcott (1832-1888)**

- Louisa May Alcott was an American author. Her book, *Little Women*, is a classic of children's literature. Her father, a brilliant educator and philosopher, was too busy to take care of the family, so that job fell on Louisa May. She used her own family for the characters and plot of *Little Women* and her other popular novels. Her other works include *An Old-Fashioned Girl*, *Little Men*, *Eight Cousins*, and *Jo's Boys*.

### **Jane Addams (1860-1935)**

- Jane Addams was an American social reformer and leader in the international peace movement. For over forty years she worked at Hull House, the Chicago settlement house that she founded. Later she wrote about the experience in *Twenty Years at Hull House*.
- She was a leader in women's suffrage, welfare and labor reforms, and the pacifist movement. Jane was president of the Women's International League for Peace and Freedom. She shared the 1931 Peace Prize and was elected to the Hall of Fame in 1965.

### **Aristotle (384-322 B.C.)**

- Aristotle was a Greek philosopher and one of the most influential thinkers of all time. He was a pupil of Plato. After the death of Plato in 347 B.C., he joined some other students and formed a school.
- His school taught philosophy, science, politics, ethics, and aesthetics. Not only do his works influence modern thinking, his teaching reaches us through his students. His study of logic, the *Organon*, shaped European education for a thousand years. His other works include the *Physics*, the *Metaphysics*, the *Politics*, and the *Poetics*.

### **Spiro Theodore Agnew (1918- )**

- Spiro Theodore Agnew was a political figure. He was a lawyer who was elected governor of Maryland. In 1969-73 he was vice-president of the Nixon administration. During his vice-presidential years he traveled widely and attacked administration critics with outspoken commentaries.
- He apparently had no knowledge of Watergate in 1972 but was accused of accepting bribes while governor and vice-president and resigned as vice-president in 1973.



Name \_\_\_\_\_

# Atlas Locations

Write the name of the state in which each of these famous cities is located. Choose from the states listed below.

Alaska	Georgia	Michigan	Oklahoma
California	Iowa	New Mexico	Virginia
Colorado	Maine	New York	Wisconsin
Texas	Maryland	Ohio	South Dakota
Pennsylvania			



1. Anchorage \_\_\_\_\_
2. Albuquerque \_\_\_\_\_
3. Allentown \_\_\_\_\_
4. Anaheim \_\_\_\_\_
5. Annapolis \_\_\_\_\_
6. Atlanta \_\_\_\_\_
7. Austin \_\_\_\_\_
8. Ann Arbor \_\_\_\_\_
9. Augusta \_\_\_\_\_
10. Akron \_\_\_\_\_
11. Amarillo \_\_\_\_\_
12. Aspen \_\_\_\_\_
13. Albany \_\_\_\_\_
14. Aurora and Arvada \_\_\_\_\_
15. The Amanos \_\_\_\_\_
16. Arlington and Alexandria \_\_\_\_\_
17. Ada \_\_\_\_\_
18. Appleton \_\_\_\_\_
19. Aberdeen \_\_\_\_\_



# Look What's New! Accommodating Aprons

by Dee Leone, Plano, TX

Aprons with lots of pockets can be used for more than just cooking and messy art projects. Try using them in some of the following ways:

## Personal Organizer

Hang on bedpost or near bedside and use pockets for organizing toiletries, cosmetics, coins, correspondence, writing materials, a deck of cards, a novel, etc. Then a resident simply has to put on the apron when visiting the bathroom, going to the lounge to write, or going to a coin-operated machine for stamps or snacks. Residents will have everything handy at his/her fingertips.

## For the Collector

Aprons can be used on walks for collecting stones, shells, etc., or for scavenger hunts. If someone is going bird watching, the pockets may be used to hold binoculars, sketch pad, pencil, and a snack of trail mix. If he/she is going for a nature walk, take along a boxed juice, granola bar, pad and pencil for notes, lip balm, and leave an empty pocket for collecting artifacts. The artist might include a pencil, colored pencils, and art paper rolled and held secure with a rubber band. If gardening, the pockets of the apron will be handy for seeds, gloves, and gardening tools. There is no end to the ways residents can make good use of an apron with lots of pockets. Make sure everyone has one!

## Help for Feeble Hands

Prizes or little gifts from visitors can easily be carried in apron pockets back to the bedroom from the activity room.

## Themed Activity Centers

When storage space is limited, several aprons with pockets can be hung on hangers and used in the recreation area for the storage of several kinds of activities. Use one for novels, one for puzzles, one for tapes, one for craft supplies, etc. An appropriate appliqué can be sewn to each themed apron.

## Foldable Desk

An apron can hold everything needed to write letters. Fill the pockets of an apron with stationery, note cards, postcards, pencils and pens, small dictionary, stamps, and greeting cards. When someone wants to write a letter, give him/her an apron of goodies to choose.





# Mystery Birthday Badges

Mystery Birthday Badges are to be worn on specific days. Use the pattern to make badge shapes or make up your own shape. Reproduce on heavy paper or light cardboard. Write the appropriate hint on enough badges so that each caregiver has one to wear on the appropriate day. These badges are designed to help residents become alert. Soon residents will see someone wearing a badge and know it is time for a guessing game. Highly praise all answers whether correct or not. Acknowledge questions regarding the badges, too.

**March 15:** This seventh president of the United States had a reputation as a brawler and reportedly participated in countless duels. (Andrew Jackson)

**March 16:** This fourth president was in office when the British forces invaded Washington, D.C., and burned the Capitol and many other public buildings. (James Madison)

**March 25:** Who is Gutzon Borglum? What sculpture of four famous men did he create? (Mt. Rushmore)

**March 27:** Patty Smith Hill was a school-teacher who wrote the words to a song that everyone knows and sings many times each year. What is the song? (Happy Birthday)

**March 29:** This tenth president of the United States was the first ever to be married while living in the White House. (John Tyler)

**March 31:** This French philosopher is famous for saying, "I think; therefore, I am." (René Descartes)

**April 5:** This film star made over eighty films and was nominated for ten Academy Awards. She won two awards for her performances in *Dangerous* and *Jezebel*. (Bette Davis)

**April 13:** This mystery birthday person's self-authored epitaph reads: "Author of the Declaration of Independence." (Thomas Jefferson)

**April 22:** This actor's real name is Edward Albert Heimberger. (Eddy Albert)

**April 27:** This mystery general received General Robert E. Lee's surrender on April 9, 1865. He was later the eighteenth president of the United States. (Ulysses S. Grant)

*Guess whose birthday  
it is today.*

*Clue:*

*Guess whose birthday  
it is today.*

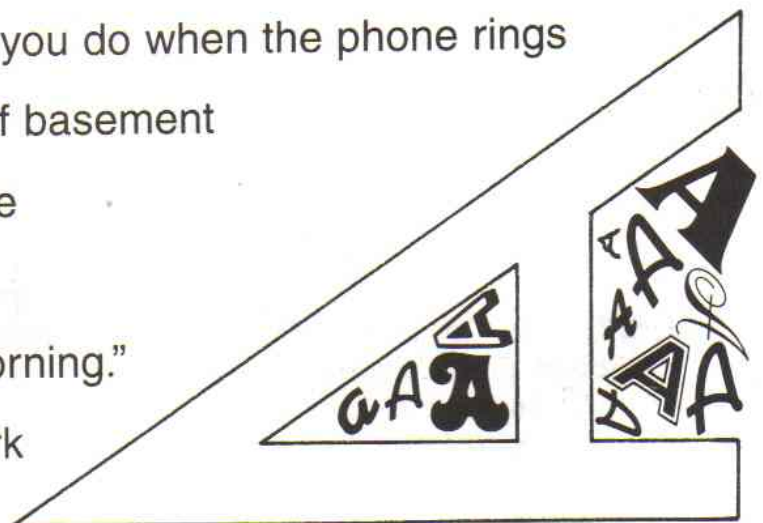
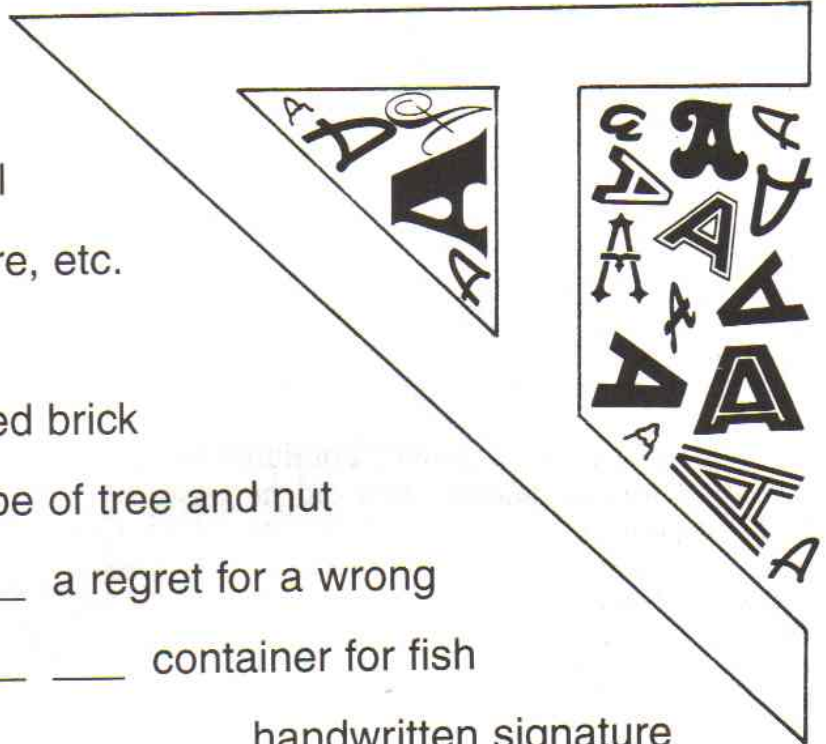
*Clue:*



# Do You Know Your "A" Words?

Each brief definition should help you think of a word that begins with the letter "A." So, put on your thinking cap and see if you can fill in the blanks.

- A first letter of the alphabet
- A \_\_\_\_\_ chopping or cutting tool
- A \_\_\_\_\_ paintings, sculpture, etc.
- A \_\_\_\_\_ dry, barren
- A \_\_\_\_\_ sun dried brick
- A \_\_\_\_\_ type of tree and nut
- A \_\_\_\_\_ a regret for a wrong
- A \_\_\_\_\_ container for fish
- A \_\_\_\_\_ handwritten signature
- A \_\_\_\_\_ a punctuation mark
- A \_\_\_\_\_ a green vegetable
- A \_\_\_\_\_ a 747, L1011, 727 or PiperCub
- A \_\_\_\_\_ a poison with "old lace."
- A \_\_\_\_\_ what you do when the phone rings
- A \_\_\_\_\_ opposite of basement
- A \_\_\_\_\_ your uncle's wife
- A \_\_\_\_\_ what we breathe
- A. \_\_\_\_\_ abbreviation for "in the morning."
- A a grade indicating superior work





# Answer Key

## Page 12

- |                           |                       |
|---------------------------|-----------------------|
| 1. soggy doggy or wet pet | 6. aunt's pants       |
| 2. mad dad                | 7. resident president |
| 3. pale male              | 8. flat hat           |
| 4. blue hue               | 9. fat cat            |
| 5. funny bunny            | 10. tramp's stamp     |

## Page 37

- AK-Alaska  
 AZ-Arizona  
 AR-Arkansas  
 A.D.-Anno Domini, Latin for "in the year of the Lord."  
 AFL-CIO-American Federation of Labor and Congress of Industrial Organizations  
 AWOL-absent without leave said of a military person away without permission  
 AAA-American Automobile Association  
 AA-Alcoholics Anonymous  
 AM-amplitude modulation  
 ABC-the alphabet  
 AEC or A.E.C.-Atomic Energy Commission  
 ACLU-American Civil Liberties Union  
 A.S.P.C.A.-American Society for the Prevention of Cruelty to Animals

## Page 38

Mystery occupation: anesthesiologist

- |               |                   |
|---------------|-------------------|
| 1. author     | 9. auditor        |
| 2. astronaut  | 10. acrobat       |
| 3. athlete    | 11. archaeologist |
| 4. advisor    | 12. attorney      |
| 5. astronomer | 13. agent         |
| 6. architect  | 14. archivist     |
| 7. auctioneer | 15. ambassador    |
| 8. artist     | 16. aviator       |

## Page 39

- |              |            |
|--------------|------------|
| 1. anvil     | 11. hands  |
| 2. appendix  | 12. heads  |
| 3. arms      | 13. heart  |
| 4. artery    | 14. Jaws   |
| 5. back      | 15. lash   |
| 6. bladder   | 16. nails  |
| 7. calf      | 17. navel  |
| 8. diaphragm | 18. ovary  |
| 9. ear       | 19. palm   |
| 10. face     | 20. radius |

## Page 40

- |                    |            |
|--------------------|------------|
| 1. add             | 14. arc    |
| 2. able            | 15. arch   |
| 3. alter or alert  | 16. argon  |
| 4. anger           | 17. arid   |
| 5. acne            | 18. art    |
| 6. acre            | 19. ascend |
| 7. ate             | 20. ascot  |
| 8. atom            | 21. ash    |
| 9. amble           | 22. asleep |
| 10. ant            | 23. asset  |
| 11. aunt           | 24. awl    |
| 12. angle or angel | 25. amen   |
| 13. ape            |            |

## Page 43

- |                   |                  |
|-------------------|------------------|
| 1. Alaska         | 11. Texas        |
| 2. New Mexico     | 12. Colorado     |
| 3. Pennsylvania   | 13. New York     |
| 4. California     | 14. Colorado     |
| 5. Maryland       | 15. Iowa         |
| 6. Georgia        | 16. Virginia     |
| 7. Texas          | 17. Oklahoma     |
| 8. Michigan       | 18. Wisconsin    |
| 9. Maine, Georgia | 19. South Dakota |
| 10. Ohio          |                  |

## Page 46

- |                |               |
|----------------|---------------|
| 1. A           | 11. Asparagus |
| 2. Ax          | 12. Airplane  |
| 3. Art         | 13. Arsenic   |
| 4. Arid        | 14. Answer    |
| 5. Adobe       | 15. Attic     |
| 6. Almond      | 16. Aunt      |
| 7. Apology     | 17. Air       |
| 8. Aquarium    | 18. A.M.      |
| 9. Autograph   | 19. A         |
| 10. Apostrophe |               |







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**4 NEW J-I-N-G-O games to "spice up" your activity program**



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US Geography



**GGA012**  
Math



**GGA013**  
Presidential  
and First Lady



**GGA014**  
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Attn: \_\_\_\_\_

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	<b>GGA005</b> Christmas J-I-N-G-O		
	<b>GGA007</b> Valentine J-I-N-G-O		
	<b>GGA008</b> Birthday J-I-N-G-O		
	<b>GGA009</b> Springtime J-I-N-G-O		
<b>NEW</b>	<b>GGA011</b> US Geography J-I-N-G-O		
	<b>GGA012</b> Math J-I-N-G-O		
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GGA030



GGA035



GGA033



GGA031



GGA032



GGA034



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Discover

# A New Day

*The Magazine for Activity Professionals*

Dear Activity Professional,

Thank you! Thank you! Your response to our magazine *A New Day* has been unbelievable. Your unsolicited positive comments have been most rewarding.

Let us know how we are doing. Your ideas and suggestions are very important to us. Your constructive criticism will help us keep on target and improve. Improvement is our goal. We want each issue to be better and better. So, let us know what you would like to have included.

We would like to take this opportunity and space to introduce you to four new J-I-N-G-O games. A player's card from each of the games is shown below. Once again, we are excited about the opportunity to expand our line of products.

We want you to know that we are only an 800 call away—1-800-442-1614.

Sincerely,

*Gary & Anne*

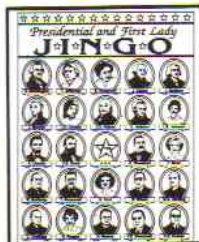
Below are sample cards from our new games.  
Actual cards are in full color.



US Geography J-I-N-G-O  
GGA011



Math J-I-N-G-O  
GGA012



Presidential J-I-N-G-O  
GGA013



Sports J-I-N-G-O  
GGA014

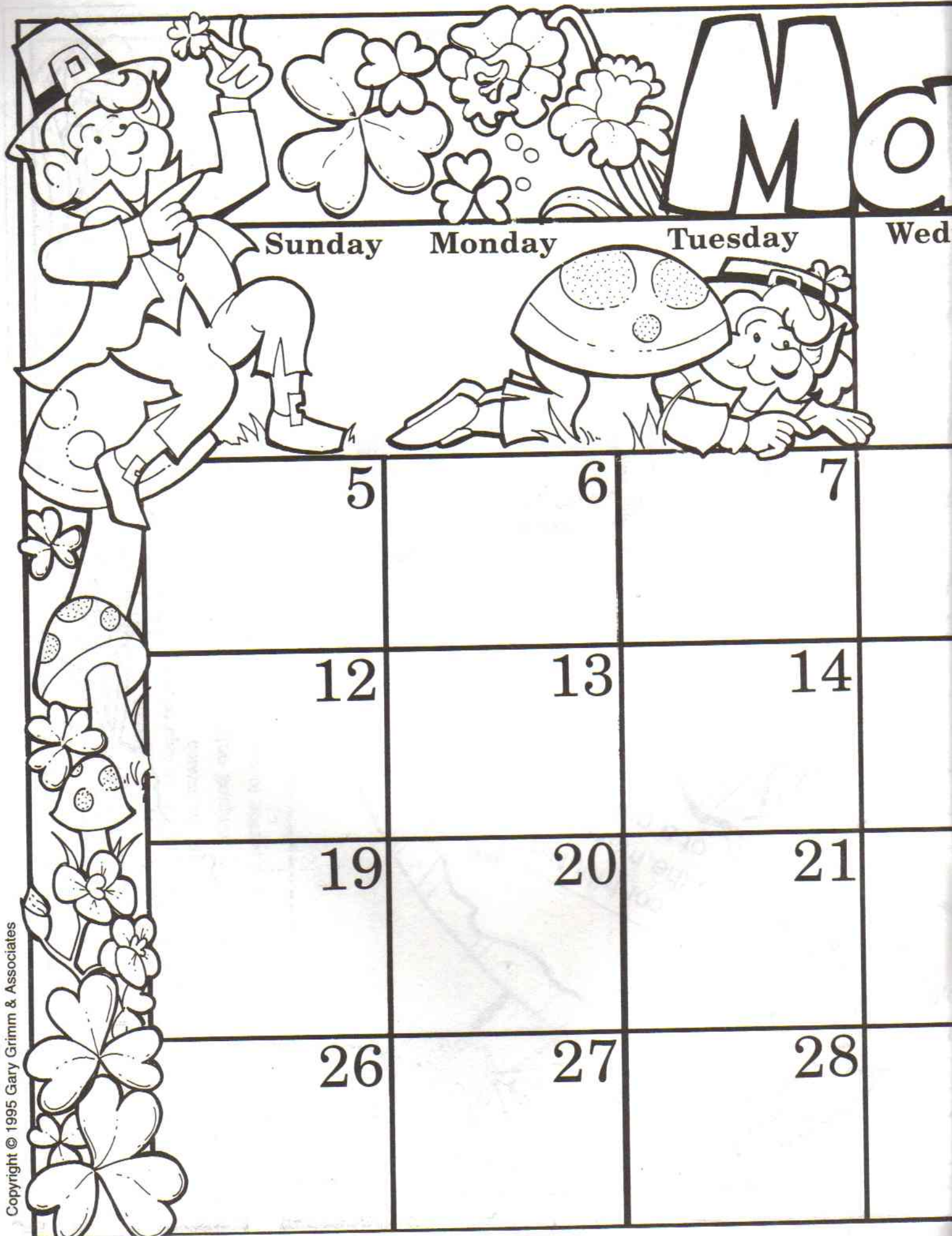


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# hch

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Saturday

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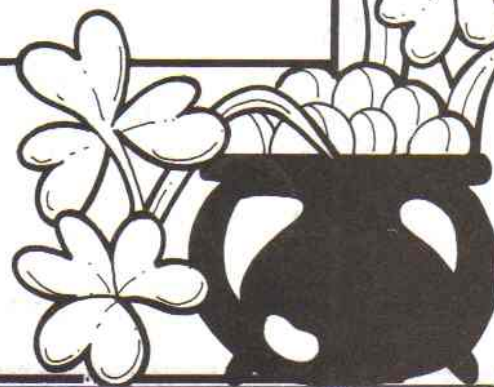
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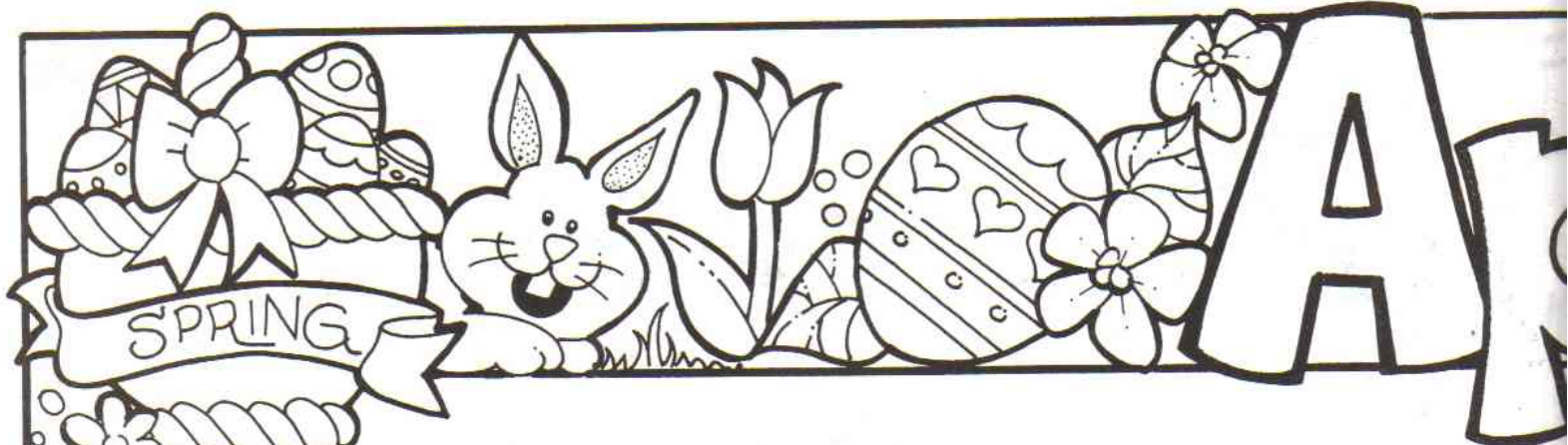
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SPRING

A

Sunday

Monday

Tuesday

Wednesday



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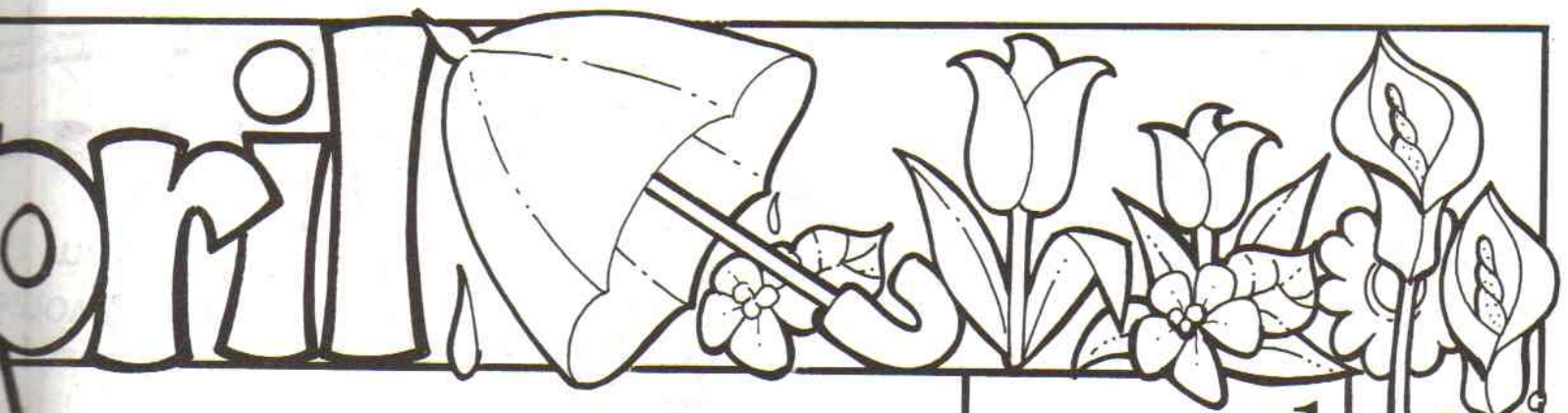
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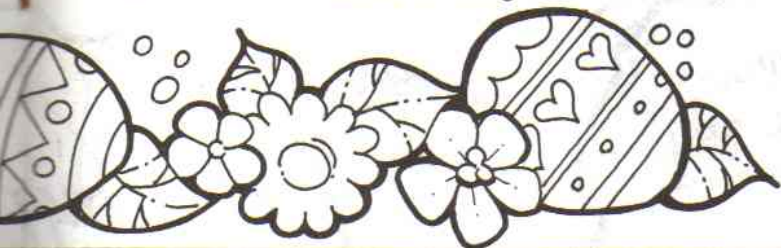
Wednesday

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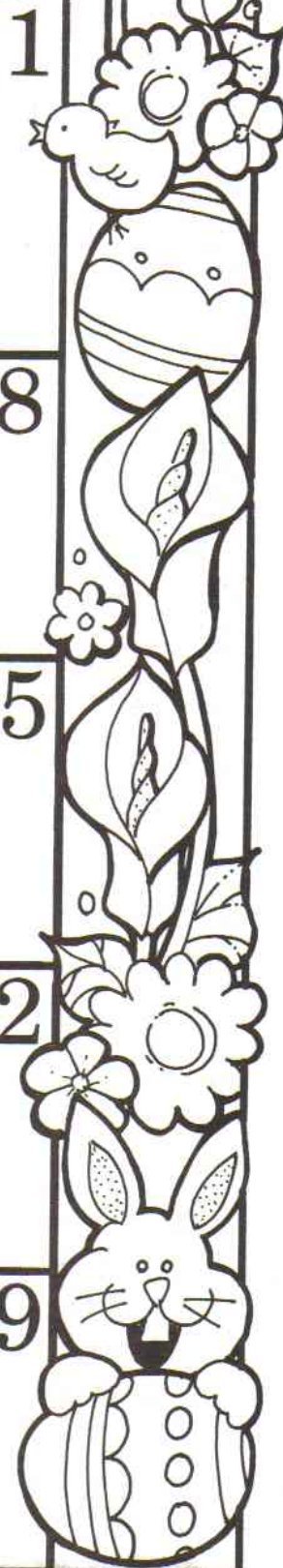
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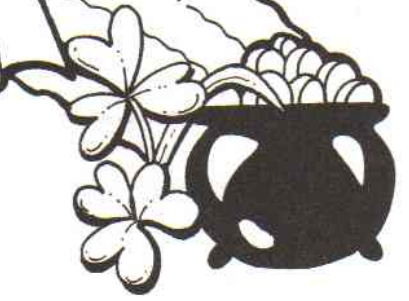
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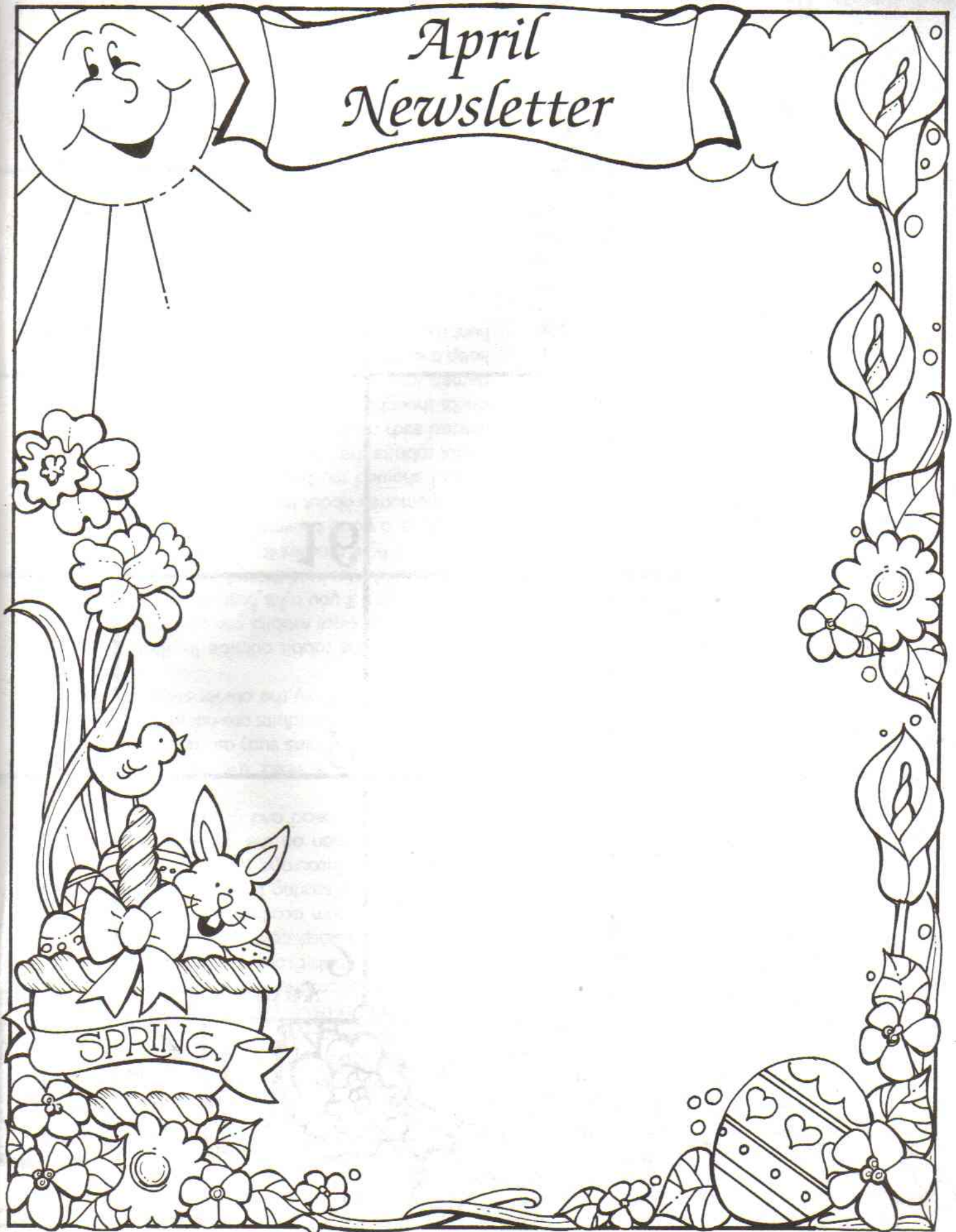


# March Newsletter





# April Newsletter





\_\_\_\_\_ has met a famous artist.

\_\_\_\_\_ has a tattoo on his/her body.

\_\_\_\_\_ knows an art teacher.

\_\_\_\_\_ has entered an art competition.

\_\_\_\_\_ has visited an art museum.

\_\_\_\_\_ has studied art in school.

\_\_\_\_\_ has visited the Louvre in Paris.

\_\_\_\_\_ can draw a famous cartoon character.

\_\_\_\_\_ has sold a work of art.

## PERSONAL PALETTE

Owner's Name \_\_\_\_\_



# Personal Palette Icebreaker

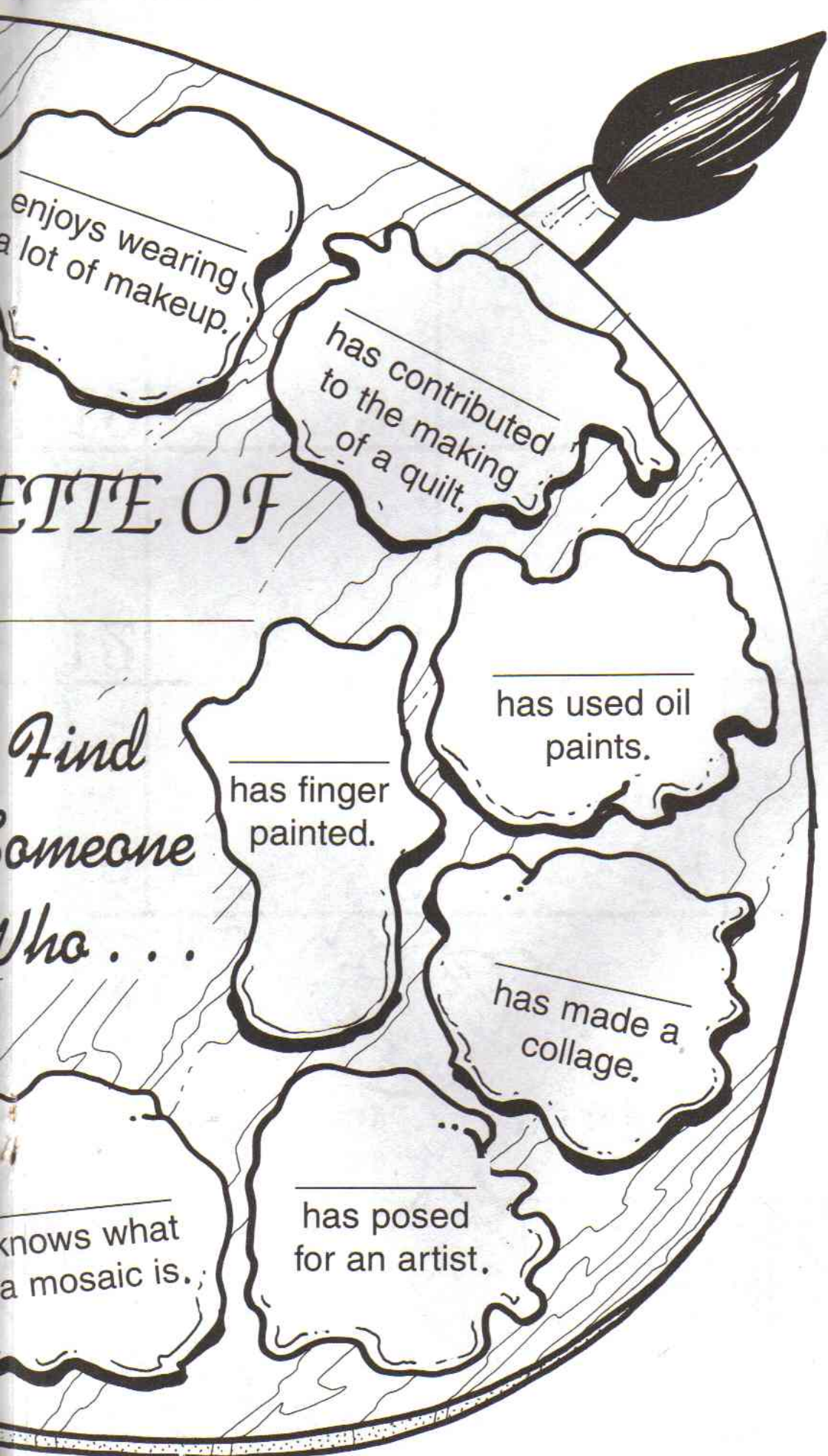
**PURPOSE:** Interacting, communicating, having fun.

**TO GET READY:** Reproduce a copy of the palette for each player. Each player will also need a pen and a crayon. Hopefully enough crayons can be found to allow each player a different color.

**THE OBJECT:** Find another player who meets the requirements of each statement. This person prints his/her name in the appropriate blank and then uses his/her crayon to color the swatch.

**AN IMPORTANT RULE:** A person may complete only one swatch on another player's palette.

**THE WINNER:** The winner is the first person to complete his/her palette or the person with the most completed swatches when an allotted time has passed.



enjoys wearing  
a lot of makeup.

has contributed  
to the making  
of a quilt.

has used oil  
paints.

has made a  
collage.

has posed  
for an artist.

has finger  
painted.

ETTE OF

Find  
someone  
who...

knows what  
a mosaic is.